

# Echo handling hacks

## BEFORE

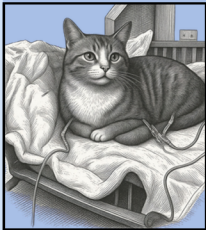
### Get a head start:

Pregabalin (licensed, liquid) or gabapentin (unlicensed, capsule) given at home the night before and morning of the appointment can make a huge difference to reduce patient anxiety



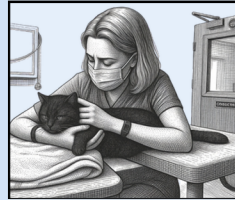
### Create a calming atmosphere:

Use pheromone or valerian sprays on blankets, bedding, in the room (and on you!)



### ECG first:

Let the patient stay in their basket, attach the ECG (use atraumatic clips!), step back and let them settle without restraint



### The Cradle Hold:

So much better for cats than over the neck!

## DURING

→ One arm underneath the neck to hold lower leg (and support the head)...

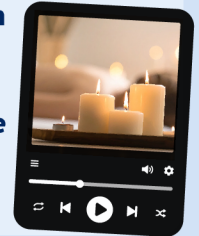
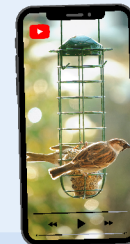
...The other arm over the top, elbow securing the back end



### Disguise clinic noise or distract:

Cat TV or relaxing music on a phone propped

up on the echo table



### Cat yoghurt / wet food:

Nominate someone to be the 'feeder'.

→ A great distraction for your patient!

