Hearts on Holiday

© HeartVets.
All rights reserved.

CHECK WITH YOUR VET

Six month screening
If your pet hasn't had any diagnostic tests (e.g. heart scan, or ECG) in the last 6 months, they could be on the brink of signficant change. Get them checked in good time *before* you go away, to allow for any treatment adjustments and stabilisation.

Medication supply
Check whether you have enough mediation to carry your pet through and just past the holiday. Your vet may need to order it in, so allow time for this.

Sleeping respiratory rate (SRR)
Update your vet with the most recent set of SRRs to check if there are any early signs of destabilisation

WHAT TO PACK

- **Medication:**
  - Your pet's usual treatment
  - Ask your vet about anti-anxiety tablets to reduce travel stress
- Travel **bowl** + **water** supply (especially for patients on diuretics!)
- Spare **puppy pads** for long journeys in case of accidents
- **Harness** (instead of lead on collar, to reduce pressure on the airway)
- **Cooling aids *(Important in hot weather):***
  - Cooling mat
  - Soakable pet bandana
  - Travel blind/curtain (cars, holiday homes)
  - Fan
- **Brain games**/fillable Kongs (if it's too hot for walkies)

EMERGENCY PREP



Pack **extra medication**, especially diuretics, in case additional doses are needed. Put them in **hand luggage** and store away from heat + sunlight.

Know where to get help – find the **nearest vet practice** and **out-of-hours** provider before you travel.

Take a copy of your pet's **medical history**, including current medications and any known drug reactions.

Ask carers to monitor and record your pet's **sleeping respiratory rate (SRR).**

Check your **pet insurance** covers travel.

Set medication reminders to avoid missed doses.

HeartVets

Pre-travel checklist