

## CAR SICKNESS IN DOGS

Car sickness is a common problem in dogs. Sometimes it is genuinely down to nausea induced by motion, but in a surprising number of cases it is rooted in anxiety. Some dogs associate the car with a frightening experience or feeling unwell, to the extent that they become so worked up that they drool or vomit. In these cases, reducing anxiety can help the sickness.



### Things to try for nauseous dogs

- Avoid feeding meals before journeys. An empty stomach may not eliminate vomiting altogether, but it can reduce the amount of food vomit brought up.
- Some dogs feel better when they can see out the windows, whereas others are better when they cannot. By law, dogs must be restrained when travelling in the car. You can try crating them with a blanket covering the crate to block out the surroundings rushing by; alternatively, you can experiment with letting your dog sit on the seat (using a car harness) to see if seeing out the window helps them.
- Keep the car cool. Heat can intensify nausea, so open some windows to let your dog breathe in some fresh air.
- Ginger is a natural anti-emetic which has been used for hundreds of years to reduce nausea in humans. It also seems to help some dogs. Ginger capsules are available; otherwise you can feed your dog a gingernut biscuit 30-60 minutes prior to travelling - but watch their weight! A recipe for specific doggy ginger biscuits can be found at the end of this information sheet.
- Cerenia is an effective, non-drowsy anti-sickness medication which can be given as tablets prior to travelling. It is not for frequent use, but can be extremely useful if you are planning a holiday or long journey. It is available on prescription; give us a call if you think it could help your dog.



### Things to try for anxious dogs

Some dogs become anxious in the car because they associate it with feeling sick, so in some cases trying the above measures just a few times can break this cycle and help them feel more positive about travelling. If that fails, there are other measures you can try.

- Always try to remain calm and neutral yourself. Never shout at your dog if they bark, panic or have an accident. Calming bio-acoustic music is available on CD for dogs, and may help some individuals if you play it in the car.
- Adaptil is a synthetic version of Dog Appeasing Pheromone, which is a settling signal passed from bitches to their pups and can be a calming influence on dogs of all ages. It is available as a spray, which can be applied to the car 30 minutes prior to travelling, or as a collar that can be worn by your dog while they travel. Ask a member of staff for more information.
- Non-medicated tablet supplements can help reduce stress and anxiety associated with the car. Adaptil 'Stress Relief Now' and KalmAid are safe and gentle products containing L-tryptophan and other natural ingredients designed to calm anxious dogs



in scary situations. They are available without prescription. Ask a member of staff for more information.

- Some owners have had success with herbal remedies. If you choose to try this route, we would recommend Scullcap & Valerian tablets, which are widely available from companies such as Dorwest.

## Other tips

Try to break long journeys down into shorter chunks, with regular rest stops to let your dog stretch their legs and take a drink of water. Driving as smoothly as possible can also reduce travel sickness.

Working with your dog to gradually build up their tolerance to the car is worthwhile, especially with puppies. Start by spending time with them in a stationary car on the driveway, and once they are relaxed with this then you can think about starting the engine, then going for short drives around the block. Aim never to upset your dog - sometimes this whole process can take weeks.

More information on travelling with your dog can be found on our information sheet: <http://www.bluehousevets.com/assets/Uploads/Tips-for-car-travel-with-your-dog.pdf>

Remember, you can always give us a call to discuss things further: 01782 522100

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## Ginger Bone Biscuits

### Ingredients

- 250g plain flour
- 2 tsp. ground ginger
- 1 tsp. cinnamon
- 1 egg
- 50ml milk
- 25g butter (softened)
- 1 tbsp. golden syrup



### Directions

1. Preheat oven to 175°C.
2. Put all the dry ingredients in a large bowl and stir until fully mixed together.
3. Pour in all the liquid ingredients and the egg into the dry mixture and whisk all the ingredients together in a bowl until the mixture is stiff and springy. You may need to swap to stirring with a wooden spoon as the mixture thickens.
4. Roll the dough out onto a floured surface until it is approximately 0.5cm thick, then cut into bone shapes.
5. Bake in the oven on a greased baking tray until golden for about 25 minutes.
6. Cool the biscuits completely on a wire rack before storing or giving to your dog. Store in an airtight box to retain freshness.

*recipe from Groomers Online*