



# Is It Medical? Vet-Visit Prep

What to record before a behaviour appointment so your vet can rule out a medical cause

**PETSLIKEMINE**  
BEHAVIOUR & ANXIETY

<b>PET NAME</b> _____	<b>VET PRACTICE</b> _____	<b>APPOINTMENT DATE</b> _____
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The single most common sign of pain in animals is not a limp or a yelp: it is a change in behaviour. A pet cannot say its hip aches or its bladder burns, so it acts differently instead. That is why almost every behaviour journey begins with a vet check, to rule out illness and pain first. What you bring often matters more than the ten minutes on the table, so gather it in advance.

### SEE A VET TODAY, DO NOT WAIT, IF

A male cat is straining to urinate, crying in the tray, or passing little or no urine: this is most likely a blocked bladder and is a genuine, time-critical emergency. Also book a prompt assessment for any abrupt personality change or sudden-onset aggression, especially in an older pet. Phone your vet or an out-of-hours service straight away.

### ONSET AND TIMELINE (WRITE IT DOWN BEFORE IT FADES)

- |  |   |
|--|---|
| <input type="checkbox"/> When did the behaviour first start? Was it sudden or gradual? | <input type="checkbox"/> What changed around then: household, routine, diet, another pet, a house move, the pet's health? |
| <input type="checkbox"/> What sets it off, and how often does it happen now?           | <input type="checkbox"/> Is it getting better, worse, or staying the same?  |

### THE VIDEO CHECKLIST (WORTH MORE THAN ANY DESCRIPTION)

- |   |   |
|---|---|
| <input type="checkbox"/> Film the behaviour itself at home: a sound dog can trot in soundly even with real disease underneath | <input type="checkbox"/> Catch any reluctance on stairs, sofas or jumps, or stiffness getting up    |
| <input type="checkbox"/> For a soiling cat, film the crouching, straining, or where it goes                                   | <input type="checkbox"/> Capture night-time pacing, vocalising or restlessness if that is the worry |

### PAIN AND ILLNESS SIGNS TO MENTION

*A growl or snap is often a sore animal asking for space, not spite. Note: snapping when touched or lifted; stiffness, limping or slowing down; going off food or drinking more; weight change; house soiling; night waking or disorientation in an older pet; over-grooming or repetitive licking; any change in sight or hearing. The same behaviour can have many medical causes, which is why the rule-out comes first.*

### CURRENT MEDICATION AND SUPPLEMENTS

NAME	WHAT FOR	HOW OFTEN
_____	_____	_____
_____	_____	_____
_____	_____	_____

### QUESTIONS TO ASK YOUR VET

- |   |   |
|---|---|
| <input type="checkbox"/> Could pain or a medical problem be behind this?              | <input type="checkbox"/> Do we need blood or urine tests, blood pressure, or imaging?           |
| <input type="checkbox"/> Should I see a qualified behaviourist, and can you refer me? | <input type="checkbox"/> If medication is needed, how does it fit alongside the behaviour work? |

*Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.*

**How to use.** Bring a video, a written timeline and your medication list. Medical and behavioural care work together, and the vet check is the gate everything good is on the other side of. A wellbeing aid, not a substitute for veterinary advice.

**A CHANGE IN BEHAVIOUR IS OFTEN THE FIRST SIGN OF PAIN**