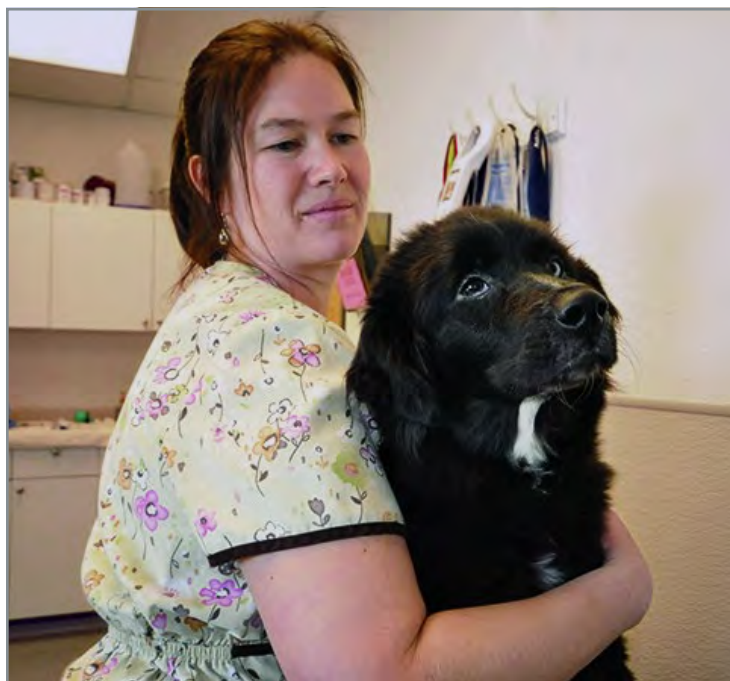


# How to Restrain Your Pet:

## *Keeping Yourself and Your Pet Safe When Giving Medications*

### Restraining your dog

1. Take your dog to a small area so it is not easy for them to run away. If you sit them in a corner it will also prevent them from backing away.
  - Do not corner your dog or put them in an area they feel unsafe.
2. Calmly ask your dog to sit and position yourself beside them, on your knees or on the floor. If you are right-handed it is best to position yourself on the right side of the dog.
3. Put your non-dominant arm around the back of your dog's neck or back and pull their body toward your chest.
4. Use your dominant arm to cradle their neck. Tightly hold your dog in your arms and give the medication with your dominant hand, or have another person administer the medication.
5. After giving the medication, give your dog a treat for cooperating!



### Restraining your cat

1. Place a towel or blanket on the ground and gently place your cat on top of it.
2. Wrap the cat tightly in the towel like a burrito. This can prevent the cat from scratching or running away.
3. Place the cat in your lap with their face pointing away from your body. You may also have someone else help with this step.
4. Place both of your arms on either side of your cat and tightly hold their body in place.
5. Administer the medication to your cat with your dominant hand. You can have someone help by securely holding your cat, or have another person administer the medication.
6. After giving the medication, give your cat a treat for cooperating!



## General handling information

- Always use the medication **as directed** by your veterinarian.
  - Even if your pet's symptoms get better, finish the course of medication if directed to.
- **Do not** stop a medication without first talking to your veterinarian.
- Store the medication correctly and safely.
  - Keep all medications out of reach of pets and children.
  - Use locked cabinets or store in areas that they cannot access.
- Do not share medications between pets.
  - A medication prescribed for one pet should only be used for that pet.

## Helpful Tips

- Be calm and confident. Acting nervous or making sudden movements may make your pet more anxious about the process.
- If your dog has a history of biting or aggression, it may be necessary to apply a muzzle.
- Having a second person who can hold the animal and give them treats can make it easier for you to focus on giving the medication.
- Refer to our Behavioral Medicine department for great tips and training tricks to help ease this process!

## Making Medication Administration Easier

Giving medications to pets can be a very challenging and scary experience. In order to keep both yourself and your pet safe, it is important that you know how to restrain them prior to giving medicine.

You should use proper restraint techniques when you give eye drops, ear drops and injections. It may also be necessary when giving pills to your pet. Having a routine prior to giving medicine can make it a more positive experience for your pet, which will eventually make it an easier process.

If you feel uncomfortable injecting medications, do not be afraid to **ask for help!**

*If your pet is very FEARFUL or AGGRESSIVE when administering medications, please contact the Ohio State Veterinary Medical Center Behavioral Medicine department for more information at 614-292-4655 or OSUVET.BehaviorMedicine@osu.edu.*

*This handout is intended to provide general information.*

*If you have **specific questions**, please contact the Ohio State Veterinary Medical Center Pharmacy at **614-292-1010**.*

