



## How to give a cat a tablet

Giving a cat a tablet can be scary but with planning and a calm approach, it might be easier than you think. Always contact your vet if you have questions. Check whether the tablet can be crushed and given with food. Creamy treats available from supermarkets can be very useful to hide medications. Another useful tip if you need to give multiple medications is to place them into a single gelatine capsule available from most vets or chemists.

If you are giving the tablet by hand, make sure you have everything ready in advance. Sometimes putting a little butter on the tablet makes it slide down. Using a pill giver can help. Make sure you buy one with a soft flexible tip and that the plunger is in contact with the tablet before you start.



**Check that you have the correct dose of medication.**



Ideally have a second person to help you – one person to hold your cat and one to give the tablet. If only one person is available, wrap your cat in a towel or have them sitting in front of you and use your body to stop them moving away from you.

Make sure your cat is on a non-slip, stable surface. Your cat should be in front of you, facing away.

Gently hold your cat's front legs above the elbow with your hands pressed against the sides of your cat. This will help prevent them running away and controls their paws and claws.

If your cat is wriggly, sometimes it can help to wrap them gently in a towel. Place the cat in the middle of the towel and wrap one side of the towel over the shoulders and repeat with the other side so your cat is wrapped snugly and cannot get their legs out of the opening.



If there are two people, one person will gently restrain the cat. The second person giving the tablet should hold the tablet between the thumb and forefinger of one hand.



If you are right-handed you would hold the tablet in your right hand and your cat's head gently in your left hand. If you are left-handed, do the reverse. Place the hand not holding the tablet on top of your cat's head with your thumb and forefinger on either side of their jaw.



Gently tilt their head upwards and use the middle finger of the hand holding the tablet to pull the lower jaw down and open their mouth.



Keep their head tilted upwards and quickly place or drop the tablet as far back in the middle of your cat's tongue as you can. The further back the tablet goes the harder it is for the cat to spit it out again.



Hold their jaw closed for a few seconds and wait until you see them swallow. If your cat licks their lips or nose, they have swallowed. If your cat has not swallowed the tablet on the first attempt, you can repeat the procedure as long as your cat does not become distressed.

Remember if you have problems or if your cat is distressed then please contact your local veterinary practice to discuss alternative options for giving the medications.

