Separation Anxiety Checklist

Drs. Foster & Smith Educational Staff

Separation anxiety is an important behavioral problem which can cause tremendous emotional distress for both dogs and owners. It can occur in dogs of any age or breed, and is one of the most common reasons for pet owners to euthanize or give up their dogs.

A dog with separation anxiety becomes abnormally anxious when separated from his owner. The severity of the anxiety and the behaviors that the dog exhibits vary from individual to individual. Some dogs become anxious if they cannot actually see their owner; they constantly follow their owner from room to room. Other dogs can tolerate being alone in a room but will check frequently to reassure themselves that their owner is still in the house, and then go back to playing or chewing on a bone in another area. Still other dogs do not become anxious until their owner actually leaves the home. Some dogs become most anxious as soon as their owner leaves, and other dogs have a period of time during which they are comfortable alone, but they become anxious if their owner is gone for an extended period.

Separation Anxiety Checklist
Sometimes owners, in the stress of the moment, forget to tell their veterinarian relevant information about their pets. Here is a handy checklist to bring with you to your next veterinary appointment.

Check which symptoms your dog exhibits while you're away:

1. ☐ Whining
2. ☐ Pacing
3. ☐ Drooling
4. ☐ Barking
5. ☐ Howling
6. ☐ Hyperactivity
7. ☐ Scratching
8. ☐ Chewing
9. ☐ Digging
10. ☐ Urinating or defecating

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11. ☐ Destruction of personal items or household objects

Once you have completed the checklist, print and take to your veterinarian so you can discuss the results together. If your veterinarian prescribes a medication, you may want to print out our Prescription Authorization Form and bookmark the information on how to order a prescription at Drs. Foster and Smith's Licensed Pharmacy where you can find savings, and free shipping on your faithful friends' prescriptions.

Be sure to inform your veterinarian if your dog is taking other medications or supplements. These may interact in potentially harmful ways; your veterinarian can make the best recommendation for your dog.

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