



Helping your dog escape

# THE MISERY OF SEPARATION ANXIETY



Shaping the future  
of animal health

**Virbac**

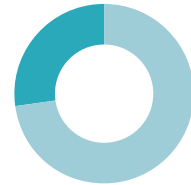


# Your dog HAS BEEN PRESCRIBED CLOMICALM®...

...to help manage their separation anxiety\*. It might seem daunting, but it's important to remember that you're not alone, and it's not your or your dog's fault. In fact, separation anxiety is one of the most common behavioural problems encountered in dogs.

## !REMEMBER!

*\*Separation anxiety is a commonly used term to describe Separation Related Disorders (SRDs).*



## 73% OF DOG OWNERS

...said that their dog has experienced separation anxiety<sup>1</sup>

## WHAT IS SEPARATION ANXIETY?

As a naturally social species, many dogs rely on their owners to feel safe and secure. For some dogs, being left alone, or even just being apart from their owner, can be a very stressful experience.

These feelings of anxiety and distress are often referred to as separation anxiety, and can result in a range of unwanted behaviours.

### Managing separation anxiety

Thankfully separation anxiety can be managed, but will require time and patience to see results. Using behavioural modification training, together with medication to help relax your dog is usually most effective. This dual approach can result in faster initial improvements and increases the chances of long-term success.<sup>2-5</sup>





# WHAT IS CLOMICALM®?



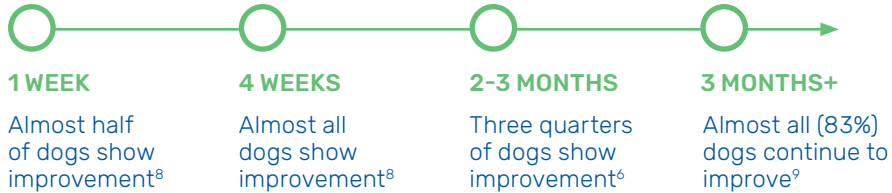
Clomicalm® has been trusted by vets to help with separation anxiety for over 25 years. Clomicalm® contains clomipramine, which is known as a psychotropic.

It works by increasing the levels of certain neurotransmitters (serotonin and noradrenaline) in the brain and nervous system to help reduce anxiousness.

**Using Clomicalm® can help keep your dog at their best:<sup>6,7</sup>**

- Shown to directly lessen the clinical signs of separation anxiety
- Improves and speeds-up the outcomes of behavioural modification training
- No drowsiness

## Expected timeline of improvement with Clomicalm®:



## Neurotransmitters:

The brain and central nervous system (CNS) are complex systems full of nerves, which rely on various chemicals, known as neurotransmitters, to communicate.

Each neurotransmitter acts on particular areas in the brain or CNS to trigger specific responses. An increase or decrease in a certain neurotransmitter can affect mood and attitude, and therefore behaviour.





# TRAINING YOUR DOG TO BE ALONE



A big part of managing separation anxiety is helping your dog be more comfortable alone.

As with all training, it can seem overwhelming, but consistency and patience is key.

## Below are a few tips help you get started\*:



### Help build confidence:

Allow your dog to make their own decisions and reward them when they do



### Don't punish:

Never reprimand for destructive or unwanted behaviour (as this may actually worsen the behaviour), and always use positive reinforcement techniques for any training



### Encourage independence:

Don't be tempted to always interact with your dog. Alone-time is OK. If your dog constantly seeks interaction, always respond, but be calm and passive, then reward when they stop. Try to seek interaction only when your dog is calm.



### Be careful of 'leaving cues':

Start doing any physical 'signs of leaving' that your dog may be picking up on (e.g. putting keys in pocket, shutting windows etc.) when not leaving, to help desensitise them to these signals



### Minimise goodbyes:

Keep interaction brief and calm when leaving. Giving a special treat upon leaving (preferably a time consuming one, such as a food filled toy or large chew) can help create a positive association.



### Create a quiet return:

Try not to encourage over-enthusiastic greetings upon returning home - remain calm and reward your dog once it is quiet and calm also



## !REMEMBER!

*\*Your vet or registered canine behaviourist will give specific advice for you dog - these are for general advice only.*

# Top tips for success in MANAGING YOUR DOG'S SEPARATION ANXIETY



Follow the advice from your vet or registered canine behaviourist – if some steps feel unachievable, speak to them to find something more manageable for you and your dog



Try and be consistent – this will make the process easier and quicker



Don't blame your dog – they aren't being naughty; separation anxiety is a medical condition which they can't control



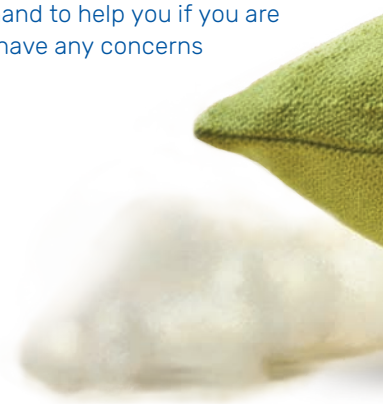
Remember, medications help your dog achieve better results from behavioural training over time, so even if you aren't seeing results straight away, don't stop giving them and take advice from your vet surgeon.



Giving medications as part of your daily routine can make them easier to remember; Clomicalm® can be given with food, so meal times could be a good option



Remember you're not alone – your vet is always on hand to help you if you are struggling or have any concerns







Your dog's Clomicalm® dose is:

tablets twice daily



The flavoured tablets are easy to divide and can be given with or without food.

### Follow-up appointments:

| Date: | Time: | Focus: |
|-------|-------|--------|
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|       |       |        |
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### References:

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2. King JN, et al. (2000) Treatment of separation anxiety in dogs with clomipramine: results from a prospective, randomized, double-blind, placebo-controlled, parallel-group, multicenter clinical trial, Applied Animal Behaviour Science; 67, 4, 255-275
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5. Sargisson RJ. (2014) Canine separation anxiety: strategies for treatment and management. Vet Med (Auckl). 2014;5:143-151.
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7. Ref 11 from clinical and technical review document: US-European clinical trial. Data on file
8. Second efficacy study from the clinical and technical review document (unreferenced in that document)
9. King JN, et al. (2004) Results of a follow-up investigation to a clinical trial testing the efficacy of clomipramine in the treatment of separation anxiety in dogs. Applied Animal Behaviour Science; 89, 3-4, 233-242

**CLOMICALM® contains clomipramine POM-V.**

Further information is available on the product SPC or from:  
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of animal health

