

**Pets At Peace - 02 6361 1001**

**Lifeline - 13 11 14**

**Kids HelpLine - 1800 55 1800**

### Stages of Grief

Each person experiences grief in different ways, and most people will go through different stages of grief at their own pace. There is no time limit to how long a person should be in one stage or another, but understanding the different stages may help you to understand your own circumstance.

### Shock & Denial

Reality of death has not been accepted & you may feel like the situation is "unreal"

### Anger

Lashing out at family, friends, yourself, the veterinarian or nurse. Feelings of guilt or fear are common.

### Bargaining

Bereaved asked for a deal or reward e.g. "I'll go to church every day if..."

### Depression

Feeling sad, hopeless, drained or helpless. A reaction to the changed way of life created by the loss.

### Acceptance

Comes around when the changes are stabilized into a new lifestyle.



#### MAIN HOSPITAL

#### Orange Veterinary Hospital

57 Molong Rd,  
ORANGE, NSW 2800  
PH: 02 63618388

EMAIL: [orangevet@orangevet.com.au](mailto:orangevet@orangevet.com.au)

WEB: [www.orangevet.com.au](http://www.orangevet.com.au)

OR find us on Facebook!

#### BRANCHES

#### Molong Veterinary Clinic

89 Bank St,  
MOLONG, NSW 2866  
PH: 02 63669021

#### Parkes Veterinary Clinic

203/A Clarinda Street,  
PARKES, NSW 2870  
PH: 02 6865 5110

### OPENING HOURS

MONDAY—FRIDAY  
8.30AM—5.30PM

SATURDAY:  
8.30AM—12.00PM

#### EMERGENCY AFTER HOURS SERVICE

Email: [orangevet@orangevet.com.au](mailto:orangevet@orangevet.com.au)

Website: [www.orangevet.com.au](http://www.orangevet.com.au)

[www.facebook.com/orangevethospital](http://www.facebook.com/orangevethospital)



## End of Life Care



57 Molong Road  
ORANGE NSW 2800

Phone: 02 6361 8388

Email:

[orangevet@orangevet.com.au](mailto:orangevet@orangevet.com.au)

Website: [www.orangevet.com.au](http://www.orangevet.com.au)

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## How is your pet going?

The joys that pets bring us seldom last long enough, and the decisions and emotions around end of life care are emotional for everyone involved. At Orange Vet Hospital, we recognise that your pet is part of your family, and that every family and every pet has unique circumstances.

## How do I judge the quality of life?

Often for pets with chronic illnesses, there isn't one thing that makes now the right or wrong time.

It can be helpful to think about fond memories of your pet and think about honest answers—what are the 5 things that bring my pet the most joy? Unfortunately, there often comes a time in life when 3 or more of these can no longer be done. Sadly, at this stage, we are probably keeping the animal around for our sake, rather than for theirs.

There are some good resources available online, including the handout from Ohio State University 'How do I know when it is time?'. This offers a good numbers based scheme for you to work through in your own time.

Know that regardless of the circumstance, you will not be judged by your veterinarian. Even if your pet seems well in the clinic, we know that you are trudging here with a heavy heart, knowing that there are things not going right. You spend every day with your pet, and you know your pet best. Remember too that far more people regret leaving the decision for euthanasia for too late, rather than too early.



## Euthanasia needs to happen, now what?

Euthanasia can be done at the hospital (in Orange or in Molong, depending on timing), or at home (when appropriate). Surcharges may apply for home euthanasias, and this option is best planned in advance. Paperwork will need to be completed to give consent for euthanasia.

Often, but not always, an intravenous catheter is placed. Some pets may benefit from sedation or pain relief prior to euthanasia. Everyone in the family can be present, or only some people, or veterinary staff only.

The injection that is given is an overdose of anaesthesia medication. This happens quite quickly; usually within minutes of the injection being given. Your pet will relax, and may lose control of their bladder or bowels. Some pets may twitch or vocalise, but this is usually brief. Afterwards, your veterinarian will check your pet.

Afterwards, there are options for you to bury your pet at home, or cremation can be arranged, or we can arrange body disposal. If you are undecided, we can hold your pet for up to 24 hours while you make a decision about what is to happen next.

## Cremation

Cremation is performed locally by Pets At Peace. There are brochures at reception. Their website is [petsatpeace.com.au](http://petsatpeace.com.au)

We can arrange pick up from Orange Vet Hospital, or you can arrange pick up from your home. You will need to contact Pets At Peace to arrange payment directly with them. You can also direct how you would prefer your pet come home to you.

## Is there anything else that can be done?

Often euthanasia comes because either:

- Pain cannot be managed
- Treatments are not working
- Treatment is not possible, logistically or financially
- Quality of life is poor, and / or diminishing

## Is referral an option?

If you would like to seek a second opinion from another veterinarian, we encourage you to do so. Referral options often include SASH in Sydney, ARH in Canberra or Sydney, or other specialist options, for example specialist cancer care. Let us know if you would like help to arrange a specialist opinion and we can have your records sent. We want everyone to be on the same page, especially when making the biggest, most emotional decisions.

## Key options to consider

- When is it time to say goodbye?
- Where— at the clinic or at home
- Who is present?
- Do you want your pet to come home?
- Would you like your pet buried at home or cremated?

