

What can I do at home to prevent future occurrences of urinary disorders?

A few unfortunate cats that have suffered from lower urinary tract disease can experience frequent recurrences of bladder inflammation, re-obstruction or formation of more bladder stones. Some steps can be taken to help reduce the frequency of attacks and both the severity and duration of signs when the problem occurs.

Steps to reduce occurrences and signs of Lower Urinary Tract Disease include:

Ensure your cat is in good body condition and does not become overweight.

For cats with a history of struvite formation, owners should feed diets that promote the formation of urine that is acidic as indicated on the package.

Avoid supplementing such diets with additional urinary acidifiers because over-acidification can cause metabolic acidosis, impaired kidney function, and mineral imbalance.

Encourage increased water intake: provide clean, fresh water at all times. Water fountains can encourage cats to drink more, which helps to dilute the urine and prevent crystal formation.

Provide an adequate number of litter boxes (usually one more than the number of cats in the household).

Keep litter boxes in quiet, safe areas of the house. Keep litter boxes clean.

Minimise major changes in routine.



MY CAT HAS CYSTITIS

YOUR ANIMAL HEALTH PROFESSIONAL

Urinary disorders are a relatively common condition in cats, particularly in overweight, neutered males.

Cats have very concentrated urine, which can easily cause irritation and trigger a urinary disease.

How can I tell if my cat may have a urinary disease?

Here are some common signs that your cat may have a lower urinary tract condition:

- Urinating more frequently and passing only small amounts of urine
- Licking of the genital area
- Straining to urinate (this can sometimes look like constipation)
- Pinkish coloured urine
- Blood in the urine
- Urinating indoors, for example in the bath
- Crying out when urinating



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Requiring urgent attention?

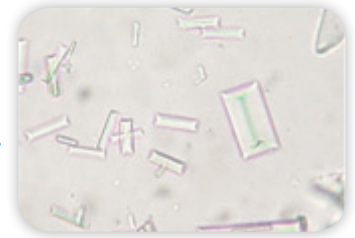
Cats with a urethral obstruction will show the above signs, but they will also pass little or no urine and will become increasingly distressed. A urethral obstruction is an absolute emergency that requires immediate veterinary treatment.

If you suspect a urethral obstruction, contact us immediately.



Urinary crystals or bladder stones

Urinary crystals or bladder stones are like little shards of glass that can irritate the bladder wall. Crystals occur when the urine is saturated in minerals. This happens because either the cat's metabolism is abnormal, or because their diet makes the urinary environment (their pH) favourable to crystal formation.



Different types of crystals can form, which can be identified by a urinalysis. Some types of bladder stones and crystals can be dissolved with a specially prescribed diet from your vet. A prescription diet is designed to change the pH of your cat's urine.

Other types of stones may need to be surgically removed, as they will not dissolve with a diet change. Crystals and stones can block the urethra, especially in male cats, which can be life threatening if urine can't be passed. If you ever suspect your cat is unable to pass urine, immediate veterinary attention should be sought.

Idiopathic Cystitis

Idiopathic cystitis is most common in cats. There is no known cause for idiopathic cystitis, but it can be related to stress or environmental factors such as a multi-cat household, new baby, no outdoor access, or change in diet or feeding time.

Environmental enrichment and modification can reduce stress and decrease the severity and frequency of cystitis episodes. To reduce environmental stress, cats should be provided with a safe, clean area in which to urinate, as well as opportunities to express natural predatory behaviour. These opportunities may include climbing posts and toys that can be chased and caught. Feliway® plug-in diffusers can be useful for cats that are known to be anxious or living in a stressful environment- ask us about these.



Causes of Feline Lower Urinary Tract Disease (FLUTD)

Infection

Infection is quite uncommon in cats because bacteria struggle to survive in such concentrated urine.