

## Urinary Issues

Feline Lower Urinary Tract Disease (FLUTD) describes a collection of conditions that can affect the bladder and urethra of cats. This syndrome has many possible causes, but cats generally exhibit similar, recognizable signs. Cats with FLUTD usually show signs of difficulty and pain when urinating, increased frequency of urination, and blood in the urine. Affected cats tend to lick their genital area excessively, and sometimes they will urinate outside the litter box.

There are 3 main causes of FLUTD: **Cystitis, Crystalluria and Urethral Obstruction.**

Each animal's treatment will be specifically tailored to the underlying cause of their urinary tract issues.

**It is important to perform a urine analysis to differentiate to different causes.**

### Steps to Reduce Occurrences and Signs of Urinary Tract Issues

1. Feed small meals on a frequent basis. This may require dietary changes to a prescription diet to correct pH and reduce crystal formation.
2. Provide clean, fresh water at all times and at several sites.
3. Provide an adequate number of litter boxes
4. Keep litter boxes in quiet, safe areas of the house.
5. Keep litter boxes clean.
6. Minimize major changes in routine.
7. Use of feline pheromones [Feliway].

The Golden Rules of Litter Tray Management:

- Clean litter trays a minimum of once daily
- There should be 1 tray per cat in household, plus an additional tray
- Keep Litter trays away from feeding areas and high traffic areas
- Fill the box with litter around 7.5cm deep

You may need to experiment with different litter types, tray sizes, and even covered trays to make sure your cat likes to use its tray. Litter tray management is an essential part of minimizing FLUDT episodes as frequent and complete urination reduces recurrence.

### Dependent on the condition, your vet may also consider

1. Diet/Nutrition
2. Antibiotic medication
3. Anti-inflammatory medication
4. Other medications

There is a 40-65% rate of RECURRANCE within 1-2 years, reducing environmental stressors and dietary management is an important preventative strategy.

**Urethral obstruction (Blockage) is an emergency situation** - if you are seeing your cat strain and there is no urine, in the litter, environment or after constant straining please contact the Veterinary clinic immediately.

**Regular urine analysis is essential in the management of the disease.**