



THE BARRACKS
VET SURGERY
MOSMAN

CATS WHO HAVE F.L.U.T.D.

What is FLUTD?

FLUTD stands for Feline lower urinary tract disease. We pronounce it "Fluted". It refers to a group of causes and symptoms resulting in urinary problems and sometimes urinary blockages. FLUTD is quite a common problem in cats, and is more often seen in males due to their longer, narrow urethra. Once they have suffered from it, it will often reoccur. So ongoing treatment that you can provide at home is very important to manage rather than cure the condition.

FLUTD Signs you may have noticed in your cat:

Distress and agitation, vomiting, multiple trips to the litter tray, spending much time straining with little result, regular grooming or redness between the back legs, or seeing blood or a pink tint to the urine.

What causes FLUTD?

FLUTD seems to be mainly caused by stress, inflammation of the urinary tract, infrequent urination allowing stale urine in the bladder to house bacteria, infection or occasionally stones. Stones are also called calculi or uroliths. They are caused by a buildup of crystals within the urinary tract. This is often influenced by diet. Some stones are created in alkaline environments and usually affect cats under 7 years. Others are created in overly acidic environments and usually affect cats over 7 years old.

A simple but important urine test will define the type of stone that may be present.

Apart from being painful, stones (or more often crystalline mucoid plugs) may cause a blockage, which stops the cats being able to release urine. Eventually the urine may be forced back up to the kidneys which will no longer be able to do their job. Levels of urea and creatinine (wastes) will increase along with potassium levels. This is dangerous as such increases lead to cardiac arrhythmias and even death.

For recommendations and treatment, please turn the page.

Recommended management of your FLUTD cat:

Initial treatment may include painkillers and antibiotics until the pain and infection has ceased. Then the long term treatment addresses **NEW FOOD, INCREASED WATER & STRESS MINIMISATION**.

1. NEW FOOD:

The following diets are specifically formulated to create pH environments that are not conducive to formation of stones, and to reduce the availability of the components that could form crystals. They also support kidney and bladder function while reducing unnecessary proteins, which cause strain on the kidneys. The results of the urine test will allow the Vet to recommend one or more of the following diets:

Hills S/D Start Date: _____ then

Hills C/D Start Date: _____ Hills W/D Start Date: _____

Hills K/D Start Date: _____ Royal Canin Urinary Start Date: _____

- Reduce treats which may contain the building blocks of stones. Your recommended diet above will have the right ratio of phosphorous to calcium, fibre and many other variables so stick mainly or entirely to these foods.
- Feed your FLUTD cat separately. Restrict snacking from the bowls of other pets.

2. INCREASED WATER

- Increase your cat's water uptake so that you increase his or her urine output. This will dilute the crystals and reduce the chance of them accumulating.
- Offer at least some tinned (wet) food of the type selected above by the Vet.
- Make (unsalted) strained chicken or fish stock. Skim off any fat then offer it warm as the smell will be enticing to your cat. In hot weather, try freezing the stock in a small ice cube tray and offer it as a healthy treat.
- Some cats prefer running water, so consider an electric desktop fountain. These are available online at www.aquaarts.com/Desktop-Water-Fountains, www.waterfountainplace.com or at garden nurseries.
- Offer more than one shape and type of bowl (ceramic, glass, metal, plastic) and refresh the water at least daily as dust and stilled water is uninviting. Some cats prefer wide bowls which do not bend their whiskers. Try a couple of different locations for water bowls.

3. STRESS MINIMISATION

- Provide a calm and quiet retreat, like a padded cardboard box, away from other animals, children or strangers.
- Reduce competition between cats by providing separate secure litter boxes, food, water bowls and beds.
- Increase play and activity as overweight indoor cats are at greater risk of FLUTD. Some cats appreciate being brushed or having indoor plants (avoid lillies and other poisonous plants).
- If dogs or neighbouring cats are an issue, block them from being viewed. Music may help mask worrying noises.
- Homeopet and Feliway are excellent calming devices that soothe and reassure cats.

Other recommendations

- Make a regular booking to monitor urine pH and blood levels at the Vet.
- Make a form to monitor appetite, behaviour and symptoms. Bring it to your next checkup.
- Make a regular food order so you don't run out. We will text you a reminder when it arrives.