

# FLUTD (FELINE LOWER URINARY TRACT DISEASE)



Lower urinary tract disease is a common and recurrent, often frustrating, condition to manage. Underlying factors may be identified and should be eliminated if at all possible. In some cases no apparent underlying cause can be identified (feline idiopathic/interstitial cystitis) but generally treatment is still possible. In younger cats common underlying causes include crystal or stone formation in the bladder, anatomical abnormalities and behavioural problems. In older cats often medical problems such as kidney disease exist. It is therefore important to rule out these problems early in the course of management and this may mean that X-rays, ultrasound and blood tests are necessary before deciding on appropriate treatment.



# Behavioural management

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- Make sure plenty of litter trays are available (1 per cat plus 1). Possibly change litter and provide covered trays in multi-cat households to encourage regular, stress free trips to the toilet.
- Enhance interaction with your cat- playtime, training etc. Use toys, cat trees, hiding boxes, play tunnels and puzzle feeding devices.
- Do not punish your cat if he/she urinates in the wrong place.
- Nervous cats (particularly those in multi-cat households) benefit from “stress management”. The use of Feliway diffusers or Zylkene can be helpful in many cases. Some cats may also benefit from behaviour modifying drugs.

## Managing Water Intake

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Encouraging your cat to drink more water is very important in the management of FLUTD

- Provide several water dishes. Ideally use saucers and keep them as full as possible (cats don't like wet whiskers!) both indoors and out.
- Use collected rainwater or filtered water.
- Change from dry to wet food. Wet food is often about 70% water and this single change can make a significant difference (it is also possible to add water to wet food in moderation).
- Many cats prefer puddle or tap water. In these cats the use of a water fountain which provides a constant flowing stream of drinking water often helps.
- Use fish broths, cat-nip tea(!) or add a small amount of milk to water.



## Supplements and Medications

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The use of *glycosaminoglycan* based supplements has been shown to help in a number of cases. Cystaid Plus is used as an oral supplement and is available from the surgery. It also contains ingredients which have natural anti-anxiety properties. Pain relief/anti-inflammatory medications are often prescribed to alleviate the symptoms



## Further Reading

[FLUTD in cats](#)