

FLUTD

Feline Lower Urinary Tract Disease

‘Help my cat is urinating on my bed’

Feline lower urinary tract disease (FLUTD) describes a variety of conditions that affect the bladder and urethra of cats. The condition means bladder inflammation of unknown cause.

Clinical signs:

- Straining to urinate (can easily be mistaken for straining to defecate)
- Urinating small amounts
- Frequent and/or prolonged attempts to urinate
- Crying out while urinating
- Excessive licking of the genital area
- Urinating outside the litter box – on your bed, carpet, floor
- Blood in the urine – often a pink/light red colour
- Overgrooming – especially around the perineum

FLUTD is thought to affect around 1-3% of cats each year, so fairly common. The condition can affect any cat but is most common in:



- Middle-aged cats
- Neutered cats
- Overweight cats
- Cats that get little exercise
- Cats with little or no access outside/don't like going outside
- Use an indoor litter box
- Cats that don't drink enough water

Causes of FLUTD/FIC:

- Urolithiasis (urinary stones)
- Urinary infection
- Urethral obstruction
- Defective bladder lining
- Stress
- Abnormal stress responses

Diagnosis

Because FLUTD has many causes, it can be difficult to diagnose. Based on your cat's symptoms, your veterinarian will do a **physical examination** and most likely will run a **urinalysis** assessing urine pH and concentration and presence of crystals, bleeding, inflammation and infection. If the cause is still not identified, tests such as **urine culture, x-rays, blood work** or additional urine tests may be recommended.

Treatment/Management

- Feed small meals on a frequent basis.
- Consult with your veterinarian about the best diet for your cat. Most urinary conditions respond better to specialized diets such as **Hills C/D stress**. Canned food may be preferred.
- Provide clean, fresh water at all times – some cats prefer drinking from cat fountains (cheaper ones can be found online).
- Provide an adequate number of litter boxes (usually one more than the number of cats in the household) with the type of litter that the cat(s) prefer
- Keep litter boxes in quiet, safe areas of the house.
- Keep litter boxes clean – they should be scooped twice a day and the litter changed weekly (or more often as needed).
- Minimize major changes in routine.
- Reduce stress – Sprays such as Feliway® help
- Modify the environment so that there is plenty of interest for the cat (scratching posts, etc) and resting places for the cat. Take a look at <https://greatergood.org/jackson-galaxy#resources> for cool cat training tips!
- Some cases may need medication such as antidepressants, pain meds and so forth.



With proper management this condition can improve your cat's quality of life.

Let us know how we can help