Feline Lower Urinary Tract Disease (FLUTD) describes a variety of conditions that affect the bladder and urethra of your cat. If not treated appropriately, your cat can develop cystitis (bladder inflammation) which may or may not have a urinary tract infection (UTI) involved.

While FLUTD can occur at any age, it is often seen in cats who:

- Are middle-aged & overweight
- Lack exercise
- Have minimal outdoor access
- Use an indoor litter box
- Have a dry diet

Signs your cat may have FLUTD include:

- Straining to Urinate
- Urinating Small Amounts
- Frequent and/or Prolonged Attempts to Urinate
- Crying While Urinating
- Excessive Licking of the Genital Area
- Urinating Outside the Litter Box often on Cool, Smooth Surfaces
- Blood in the Urine

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While many factors can contribute to FLUTD, including emotional or environment stress, a multi-cat household, or even abrupt changes in daily routine, we find with a little extra TLC, a prescription diet or extra moisture in their food, can help minimize major health issues in your cat.

Our doctors will work hand-in-hand with you to monitor your cat’s behavior to help prevent FLUTD symptoms from resulting in bladder or kidney stones requiring further treatment (including a radiograph.)

CONSIDER THESE BENEFICIAL TIPS:

- Add diffusers to the rooms your cat spends the most time in as a natural calming agent
- Add additional litter boxes to your home and clean them daily
- Avoid hooded litter boxes, especially in multi-cat households, to avoid feeling trapped
- Invest in a cat water fountain, one that is both quiet and filters water every 60 days
- Add moisture to your cat’s diet
  - Canned food is ideal when it is 50-75% of their diet
  - If canned food is not an option, add a few tablespoons of warm water to their dry food
- Clean your cat’s food bowls often

We are committed as your veterinary partner in your pet’s health and longevity. We strongly encourage you to schedule a recheck appointment if you are not seeing an improvement in your cat’s behavior or notice a decrease in appetite.

*For additional resources, visit: https://indoorpet.osu.edu/cats/basic-indoor-cat-needs