Understanding your cat's URINARY CONDITION
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Finding out that your cat is suffering from a urinary condition can be very distressing, especially as urinary conditions can sometimes be a medical emergency, or recurrent and unpleasant for your cat. While the causes of urinary conditions are complex, you can be reassured that there are a number of simple steps that you can take to help your cat feel better.

In this leaflet we will help you to understand your cat’s urinary condition and explain why feeding a diet specially formulated for the management of urinary problems is an important part of treating the condition and helping to minimise the risk of future episodes.

What is feline lower urinary tract disease (FLUTD)?

Feline Lower Urinary Tract Disease (FLUTD) is a common condition in cats. Cats are small drinkers and produce urine that is very concentrated. As a result, they are more prone to urinary problems. FLUTD can be caused by crystals or stones composed of minerals that naturally occur in cat’s urine. Struvite and calcium oxalate are the most common crystals and stones. They irritate the urinary tract by their presence. They can also partially or completely block the urinary system.

In cats, FLUTD can also be caused by stress which induces feline idiopathic cystitis (inflammation of the bladder). It is important to remember in the majority of cases that it’s difficult to identify the underlying cause of FLUTD, and most often the cause is unknown.

Common urinary crystals in cats.

Urine is produced by the kidneys. Crystals or stones can form and block the urine outflow at any part of the urinary tract.

Microscopic appearance of common urinary crystals:
What are the signs of FLUTD?

- Difficulty urinating
- Crying out while urinating
- Excessive licking of the genital area
- Urinating outside the litter box
- Blood in the urine
- Fearful, nervous or aggressive behaviour (in some cats)

Urinary stones are usually detected or confirmed by x-ray or ultrasound. Your vet will probably also recommend some urine and blood tests to look for underlying causes.

Warning! Cats with a total urinary obstruction will become increasingly distressed. A urinary obstruction is an emergency and you should take your cat for immediate veterinary treatment.

Some cats more than others?

Risk factors that contribute to FLUTD include:

- Low water consumption
- Being overweight or obese
- Neutering, especially in male cats
- Indoor cats with little or no access to outside
- Lack of exercise
- Emotional or environmental stress
- Stress relating to multi-cat households or abrupt changes in daily routine

How is FLUTD treated?

Urinary stones will need to be dissolved or surgically removed. A specially formulated diet (like PURINA® PRO PLAN® VETERINARY DIETS Feline UR St/Ox Urinary) can help dissolve existing struvite stones.

Food is important.

Feline UR St/Ox Urinary has been scientifically formulated to help dissolve existing crystals and stones (struvite). Feline UR St/Ox Urinary also helps reduce the risk of urinary stones reoccurring in your cat (both struvite and calcium oxalate), and can help nutritionally manage feline idiopathic cystitis.

Feline UR St/Ox Urinary is a nutritionally complete and highly palatable diet available in multiple flavours for your cat to enjoy and you can be reassured of their long-term acceptance of the diet. The effectiveness of Feline UR St/Ox Urinary in the management of FLUTD has been verified by pioneering analytical methods (called RSS and APR). The "St/Ox" claim in the name Feline Urinary highlights the efficacy of the diet to promote a urine composition that will help dissolve struvite stones, and help reduce the formation of new calcium oxalate and struvite stones.
Benefits of feeding Feline UR Sr/Ox Urinary to your cat:

- **Promotes the production of under-saturated urine**
  - Reducing the risk of struvite and calcium oxalate crystal and stone formation.

- **Struvite dissolution**
  - Promoting dissolution of urinary struvite stones.

- **Moderate levels of fat and calories.**
  - Helping maintain ideal body weight (obesity being a risk factor for urinary conditions).

Tips to help reduce the recurrence of FLUTD in your cat:

1. Feed a veterinary diet, like Feline UR Sr/Ox Urinary.
2. Gradually introduce new diets over a period of five to ten days.
3. Feed small meals on a frequent basis.
4. Encourage your cat to drink water, using metal or ceramic water bowls instead of plastic bowls that can retain off-flavours and taint the taste of the water, or encourage your cat to drink by using a water fountain.
5. Monitor your cat’s body condition regularly. If overweight, your vet can help you to start a weight loss programme.
6. Encourage exercise by providing toys, scratching posts, etc. and have daily play time with your cat.
7. Minimise all major changes in your cat’s routine to help lower any stress.
8. Provide an adequate number of litter boxes (usually one for each cat, plus an additional one) in quiet, safe areas of the house.

FEEDING RECOMMENDATIONS:

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<th>Body weight (kg)</th>
<th>Dry Only (g/day)</th>
<th>Wet Only (can/day)</th>
<th>Wet + Dry Combined</th>
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<td>Wet (can/day)</td>
<td>Dry (g/day)</td>
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<td>2</td>
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<td>2 2/3</td>
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For each additional kg of body weight, feed an additional 15 g of dry food or 1/3 of can per day.
Your veterinary clinic details:

For more information about PURINA® PRO PLAN® Veterinary Diets, contact your local sales representative or visit www.purina-proplan.co.uk/veterinarydiets

Ask the Experts
UK: 0800 212 161 IE: 1800 509 368 8am – 6pm, Monday to Friday
Nestlé Purina PetCare (UK) Ltd., 1 City Place, Gatwick, RH6 0PA

Please note that all indications for PURINA® PRO PLAN® Veterinary Diets mentioned in this leaflet are for the dietary support of cats with the listed conditions and do not preclude appropriate medical management. The veterinary diets should be used under veterinary supervision. ®Reg. Trademark of Société des Produits Nestlé S.A.