



Idiopathic/Interstitial Cystitis

What are the signs?

- Straining to urinate
- Blood in urine
- Frequent urination or little to no urine passed
- Urinating outside of the litter box or around the house
- Showing signs of pain when urinating like meowing

Idiopathic/Interstitial Cystitis is more likely to occur in totally or mainly indoor cats; it is also more common in younger cats.

Did you know that stress is the main cause?

Feline stress may not be easily evident. Changes to the environment or routine can be enough to cause stress (eg a new addition to the family or change in working hours for the owner)

To diagnose Idiopathic/Interstitial Cystitis, blood and urine testing should be completed first to rule out other nasty causes or diseases (eg. Urinary tract infection, crystals in the urine, kidney disease or other disease causing abdominal pain.)

Idiopathic/Interstitial Cystitis can often resolve itself within 7 days however it is very painful! Treatment is focused on reducing pain and inflammation.

30-50% of cats that have an episode will have further episodes within 12 months. Luckily, there are things you can do to reduce the frequency and severity of the condition.

Environment and Diet changes that can help:

- Attention to keeping litter trays immaculate. Keep 1 more litter box than the number of cats you have. Change litter after every use. Make sure the cat likes the litter used. Don't use hooded or covered litter boxes. Make sure the litter tray is in a private space not where animals or people eat or continuously walk past
- Increase the water content in the cat's diet by either feeding wet food or soaking biscuits. Make sure there is plenty of water around that the cat likes to drink.

Some prefer tap, bottled or even running water. Royal Canin Urinary S/O and Hills Prescription Feline C/D Stress in the wet form are recommended.

Royal Canin Urinary S/O increases the volume of urine and therefore decreases the concentration and helps maintain a healthy bladder lining which can reduce inflammation. Hills Prescription Feline C/D Stress contains omega oils and vitamins to reduce inflammation and amino acids and proteins that can help to reduce stress.

- If there is more than one cat in the household make sure there is plenty of space and options for each cat to get away from each other. They should have their own beds, litter trays and food bowls. Cats should have plenty of options for climbing, hiding and

scratching and have some access to outside even if it is only visual like a viewing window or outside netted area.

- Feline pheromones like a Feliway diffuser or spray can help to reduce stress.
- Playing and spending more time with your cat can reduce stress. Examples of this can be laser pointers, feather toys, or intermittent food releasing toys.
- Some cats may require anti-anxiety medication if the first 5 recommendations aren't helping. This can be discussed with one of our dedicated Veterinarians.

We know how stressful Idiopathic Cystitis can be to both you and your pet. By following the above recommendations, management of the condition can be achieved.