

PAYNEHAM VET CENTRE

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Feline Idiopathic Cystitis

Feline Urological Syndrome (FUS) or Feline Lower Urinary Tract Disease (FLUTD) describes any cat with:

- Hematuria – Blood in urine.
- Pollakiuria – frequent and small amounts of urine.
- Periuria – Inappropriate location of urination.

The causes include:

- Urolithiasis – Bladder crystals/stones that obstruct the urinary tract.
- Bacterial Infection.
- Feline Idiopathic Cystitis.

FIC is diagnosed by ruling out the first two causes. Urinalysis +/- culture of the urine. Approximately 12-15% FIC will have urolithiasis.

Cause of FIC:

Idiopathic – means unknown cause.

Clinical signs can wax and wane and appears to be exacerbated by **stress**.

It has been suggested that when a cat is stressed the special protein layer that protects the delicate bladder lining becomes damaged, allowing urine to come in direct contact with the sensitive bladder lining. Causing inflammation and pain.

Minimise stress factors

Inter-cat Issues:

- Cats prefer their own separate food and water, litter box and resting areas to avoid competition for resources and permit them to avoid unwanted interactions. Example, litter box numbers, must have one for each cat plus an extra.
- There may be a cat that has taken up close residence.

Human Issues:

- Change in household routine, example a family member moves out, newcomer, family, friend, baby, or another pet.

Treatment of FIC:

Because the underlying cause is unknown, current treatments are tentative. The current goal of therapy is to decrease severity of the symptoms, not a "cure".

1. Analgesia.

- Good used in acute management.
- In severe cases it may help in breaking the chronic pain inflammation cycle. E.g., NSAIDS.

2. Diet.

- Increasing water intake. I.e., Canned food.

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- Must be aware that we do not want to stress the cat with unfamiliar diet, so it is best to wean them onto canned food.

Tips to increase your cats' water intake:

Add water to food- start with a small amount and increase as your cat's acceptance permits

- Several extra water bowls around house and garden, always fresh and change regularly
- Experiment with different bowl shapes as may prefer shallow bowl, or deep, or wider so Whiskas not touch edges
- Pet fountain, for cats attracted to running water
- Offer filtered, distilled or bottled water
- Leave water in the bottom of the sink, bath or shower, a slow dripping tap with a bowl underneath
- Flavored ice cubes- add small amount water to canned food- simmer gently for 10 mins then strain contents through a sieve, pour strained broth into ice cube tray and freeze
- Add a splash of milk or juice from tuna and Springwater.

3. Decrease Stress:

- Feliway: is a '*feline facial pheromone*' that is bottled and can be plugged into the PowerPoint with a diffuser. It is then released into the house and acts to decrease anxiety.
- Behavioral Consultation: to try behavior modification.
- Anti-anxiety Drugs: used in severe cases and only after other strategies, diet change and behavior modification.

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