

FLUTD

What is FLUTD?

FLUTD (Feline Lower Urinary Tract Disease) can be used to describe a variety of conditions that can affect the bladder and urethra of cats.

Common Causes of FLUTD

- Uroliths (urinary stones)
 - Urinary stones are a collection of minerals in the bladder. These stones can then migrate to the urethra and become lodged there, causing an obstruction.
 - Treatment for urinary stones generally includes flushing of the bladder with sterile saline, changes in diet, and in some cases, surgery to remove large bladder stones
- Urinary Tract Infection
 - Urinary tract infections are caused by foreign bacteria entering the bladder.
 - UTIs account for less than 5% of FLUTD cases in cats under 10 years of age
 - Treatment for UTIs usually consists of antibiotics and pain medications, but severe cases may require hospitalization with IV fluids.
- Feline Idiopathic Cystitis (FIC)
 - FIC, also called interstitial cystitis, is the most common diagnosis in cats under 10 years old, accounting for 40-50% of FLUTD diagnoses
 - External stress, emotional stress, and abrupt changes in diet or environment are some of the triggers for FIC
 - FIC is an ongoing condition, with treatment geared at managing the symptoms and preventing flare-ups

How to Prevent FLUTD flare-ups

- Consult with your veterinarian about a prescription diet geared toward urinary health
 - Provide clean, fresh water at all times to ensure adequate hydration of your cat
 - Ensure there is adequate litter box availability, and that litter boxes are in a quiet place with little foot traffic
 - Minimize major changes in routine
 - Begin an anti-anxiety medication regimen if indicated by the veterinarian
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- Most male cats who come into a clinic or vet hospital with symptoms of FLUTD will require hospitalization and placement of a urinary catheter to flush the bladder and allow it to empty. This hospital stay can range from 1-3 days depending on the severity of the inflammation in the urinary tract and the cause of the FLUTD symptoms