

# How to Treat Stress Related FLUTD

(Male cats- make sure urinating regularly- if not then call right away!)

## 1. Reduce Stress

- Identify cause(s) and adjust if possible  
examples: moving, too many cats in house, new baby or new family member or new pet, change of owner's work schedule/routine, construction around house, being bored,  
box being tormented by another cat/pet/person, litter issues, unknown cat in yard and many others
- Enrich environment  
Set up lots of cat perches, scratching posts, cat trees, window seats to watch birdfeeders, provide toys and playtime (Visit Indoor Cat initiative website:  
<http://www.vet.osu.edu/1868.htm> )
- Escape places/hiding places  
make sure cat can get away/get a break from any person/pet tormenting the cat  
example: cat door/magnetic collar system to allow only stressed cat access to certain room
- Feliway diffuser- an anti-anxiety pheromone (pet stores carry)
- Follow Litter Box Rules (separate hand out)

## 2. Increase Water Consumption

- Feed canned food
- Provide kitty water fountain
- Make sure water is available from large bowls where whiskers don't touch sides of bowl
- Change water twice a day
- Flavor water daily with a drop of tuna juice/chicken broth
- Keep water bowls away from litter boxes to avoid contamination

## 3. Provide Pain Control

Ask your veterinarian about the options- NEVER Tylenol!

## 4. Consider long term oral medication if problem becomes chronic or cat has frequent relapses

Examples: Amitryptilline, other anti-anxiety medication