



Clinical Signs

You may have already
seen one or more of
these signs

Increased Frequency of
Urination

Urinating outside of the litter
box

Straining or Crying while
Urinating

Blood in Urine

Licking Urinary Opening

Inability to Urinate

We can help!



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Feline Idiopathic Cystitis



Cats that urinate outside
the litter box



Not all urinary problems
are caused by infection



What is FIC?

Feline Idiopathic Cystitis (FIC) has many different names to indicate the same syndrome. Feline Lower Urinary Tract Disease, Feline Interstitial Cystitis, Feline Urologic Syndrome, Feline Lower Urinary Tract Signs all refer to inflammation of the bladder wall that causes pain and frequent urination. Often the first thing an owner will see is urinating outside the litter box. Another common sign is increased frequency of urination. In some cases, usually in male cats, obstruction of the urethra will prevent the cat from being able to urinate and cause severe illness.

In 50% of cases of bladder inflammation, the cause is unknown. In these cases, the term Idiopathic Cystitis is used. Other possible causes of bladder inflammation: Infection, Bladder Stones, Trauma, and in rare cases, Bladder Cancer.

The current common thought is that FIC occurs in young cats with a hormone imbalance that affects how they react to stress. In these cases reduction of stress in a cat's environment can alleviate signs and reduce frequency of occurrence. Increase in water intake has also been thought to decrease frequency of episodes.

Treatment

1) Treat Pain

Buprenorphine is a pain medication that also causes a light sedation, which may reduce stress.

Prednisolone: An anti-inflammatory that may also reduce pain. Not used if an infection is suspected.

2) Reduce Environmental Stress

Play frequently with your cat to enrich his environment

Provide several areas to climb, play and scratch

Provide a private rest area where a cat can go when frightened

Rotate and replace toys

Provide one litter box for each cat plus one extra

Separate food and water stations if multiple cats

Consider pheromone therapy (Feliway)

3) Increase water intake

Provide a water fountain or continuous flowing water source

Feed primarily canned food

In some cases, fluids can be administered under the skin, either one time or with some frequency at home.

4) Medically Manage Anxiety

Acepromazine: Reduces spasm in the urethra and reduces anxiety. Used during acute episodes.

Amitriptyline, *clomipramine* and *fluoxetine* (Prozac): Reduce anxiety and stress, usually used on a more long-term basis. More commonly used in recurrent cases.