VRC

The Cat Hospital Of Media

Chad
Jonas 3 years and 7 months old MN
Domestic Medium Hair

Date: Oct 27, 2019

Outpatient Assessment

Diagnosis:
- Suspect FIC episode

History:
- Acute-onset stranguria, this happened about 2 weeks ago as well. Jonas is licking at his prepuce excessively. No other PPHx.

Vaccination Status:
- UTD

Previous Medications:
- None

Physical Exam:

Temperature (˚F): 100.5
Pulse (BPM): 200
Respiration (RPM): 36
Weight (kg): 8.1

EENT: Clear OU/AU, neg cervical examination, no nasal discharge
Oral: mm pink and moist, CRT <2
PLN: NSF
H/L: No heart murmur auscultated, strong/synchronous pulses noted, lungs clear bilaterally/eupneic
ABD: soft non-painful, no masses palpated
MS/I: Ambulatory x4, good hair coat BCS: 9/9 MCS: 3/3
UG: fluctuant expressible bladder, no preputial discharge, preputial region erythematous, nothing on the penis tip noted
Rectal: no masses palpated, normal stool, anal sacs wnl
N: alert & appropriate

Diagnostics:
- Urinalysis: pending (Antech)
- Urine culture: pending (Antech)

• Abdominal radiographs: no evidence of constipation or cystic calculi (pending review)

Procedure:
• Cystocentesis

Treatments:
• None

At Home Care

Summary:
• Feline idiopathic cystitis (FIC), is a common disorder in male cats.The underlying problem is thought to be a sterile cystitis (inflammation of the bladder wall not associated with bacterial infection), which results in sand-like particles mucoid material in the urine which can plug up the urethra. The inciting cause of the bladder inflammation is currently unknown, but it is believed that stress, diet and water intake play significant roles. Urethral obstructions can unfortunately become a recurrent problem in some cats. There is no way to predict which cats will re-obstruct and which will not. The best thing you can do to prevent recurrence is to increase Jonas's water intake, transition him onto wet food, ensure proper litterbox hygiene, and minimize stress as much as possible.
• Increasing water intake is the most critical component of long-term management. There are several ways to accomplish this goal. Most importantly, you will need to transition Jonas from dry food to canned food - he should be on a canned food only diet, as wet food has a much higher water content.
• To try and increase water intake further, it is best to give Jonas as many options as possible. Keep multiple water bowls throughout the house, and ensure they are frequently cleaned and refilled with fresh clean water. Many cats do not like to drink from smaller bowls as they dislike the sensation of their whiskers touching the sides, so ensure the bowls you provide are large. Some cats enjoy drinking from a moving water source, such as a dribbling faucet or a pet water fountain (available at all pet stores). To increase water palatability, you can try adding small amounts of canned tuna water or low-salt boullion to one of Jonas's water bowls; ensure the bowl is cleaned frequently to prevent bacterial growth.
• Decreasing stress is another critical component of managing urethral obstruction patients and preventing recurrence. Try to keep Jonas's routine as constant as possible: feed him at the same time each day and minimize changes to his schedule wherever possible. Try and make time to play with him or otherwise spend exclusive time with him for at least 10 minutes each day. Ensure that he has activities to entertain himself when you are out of the house, such as independent cat toys or a "kittie condo". Some cats respond well to Feliway vaporizers in the home, which dispense a continual low level of relaxing feline pheromones.
• Proper litterbox hygiene is essential in managing cases of urethral obstruction You need to ensure that Jonas always has access to a clean box - if for some reason he is reluctant to go in a particular litterbox, it may lead to another obstructive event. You should have at least one more litterbox than you have cats, ie if you have one cat you need two boxes, if you have two cats you need three boxes, etc. Ensure the litterbox is in a quiet, well ventilated area (not a closed closet!) - cats are very sensitive to smell, and may be reluctant to enter a box that is malodorous. Keep the box as clean as possible.

Monitoring:
Please continue to monitor Jonas closely in the litter box. He is likely to have increased frequency of small amounts of urine for the next few days as a result of the inflammation associated with obstruction and urethral catheterization. You should put a thin layer of litter in the box so you can easily tell if he is urinating when in the box. Should he exhibit clinical signs similar to what he originally presented with (ie straining to urinate, persistently licking

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at penis, blood in the urine, lethargy, vomiting, anorexia), please bring him back in for re-evaluation immediately as this may indicate he is reobstructed. Obstruction of the urinary tract is very serious and potentially fatal, especially if the obstruction lasts longer than 24 hours so never hesitate to call or come in with any questions.

Medications:

- Buprenorphine 0.5mg/mL: please give 0.25mL every 8 hours for pain NEXT DOSE AT 8PM

Recheck:

- As needed - we will call with lab results within 3-5 days

Thank you for entrusting us with Jonas's care. He was a pleasure to have as a patient. Please give us a call with any questions or concerns.