



Helpful tips for constipated cats

Increase water intake

- Boiling chicken or fish in water and give the cat the water to drink when it has cooled (you can also make ice cubes to flavour the water dish).
- Give tuna in spring water not brine.
- Defrost prawns and give the juice left.
- Dripping taps, shower trays and baths are used by some cats.
- Indoor water features with running water over pebbles or water fountains are also attractive to some cats.
- Some cats prefer a certain type of water bowl, try glass, metal or ceramic rather than plastic.
- Feed as much wet food as you can and reduce dry food intake.
- See which flavour water your cat prefers – e.g. rain/tap/cold from fridge/bottled/filtered.
- Place the bowl so that your cat can drink without another cat coming up behind them.

Reduce fur intake

- Groom your cat daily – we stock a number of different types of brushes on reception and will be happy to help you choose what is best for your cat.
- If your will not tolerate this then try a dry pair of marigold gloves to stroke your cat which will gently defluff reasonably effectively.

Feed small amounts

- Little and often feeding increases the amount of peristaltic waves in the gut, increasing passage of food.

Feed wet food

- Reduce or cut out dry food (a small amount does help the teeth).

- Feed wet food e.g. pouches or tins with jelly or gravy. You can also add in tiny amounts of water to the wet food (start with a teaspoon mixed well in).

Monitor faeces produced

- A chart of your cat's defecations can often be helpful in identifying early constipation.
- Early constipation can be often managed medically but serious cases need a general anaesthetic and more radical intervention.

Feed an oily fish meal 1-2 times a week

- Use pilchards in tomato sauce, mackerel, tuna in oil etc. This will act as a gentle laxative.
- DO NOT EVER GIVE OIL REGULARLY TO YOUR CAT.

If necessary a prescription laxative may be used

- We prescribe this in some cats when the above measures are insufficient. Your vet will explain which medication they think will work best for your cat and the dose and frequency required.