

LET'S TALK ABOUT P💩💩

Constipation in cats is uncomfortable, yet a fairly common health problem. Learn how you can recognize it, what the cause can be and how it can be treated. If you think your cat suffers from constipation, check in with your veterinarian to find the proper solution.



YOUR CAT IS NOT ALONE

Constipation is one of the most common health problems associated with a cat's digestive system and seems to occur more in male cats

WHAT IS GOOD POOP?

Good poop is brown, formed, and soft and moist enough that litter sticks to it



LOOKING FOR TROUBLE

Some indicators that can point to feline constipation are:



Little 'output'
(Usually your cat should poop every day)



Unproductive trips to the litter box



Lack of appetite or vomiting



Straining or crying from pain when trying to do a number 2



Small amounts of stool with mucus or blood



Defecating outside of the litter box

POSSIBLE CAUSES



Insufficient fluid intake - dehydration (could be secondary to chronic diseases like kidney disease or diabetes)



Low fiber diet



Hairballs



Arthritis



Obesity



GI motility problems (e.g. megacolon)



Swallowed bones or other foreign objects



Orthopedic issues or neurologic diseases (e.g. disc disease or neuropathy)

SOLUTIONS



Increase the water consumption of your cat. If your cat won't drink, your veterinarian might administer IV fluids.

In severe cases manual or surgical removal of feces could be necessary.



Stimulate daily exercise.



Ask your veterinarian if your cat can participate in a clinical study for a new treatment.

Use available treatments (such as diets, laxatives, stool softener, or medication). Never give your cat medication without discussing it with your veterinarian first.



Sources:

PetMD: My cat can't poop! Constipation in pets.

Dr. Karen Becker: The Most Common Cause of Kitty Constipation.

Wendy Brooks, DVM, DABVP: Constipation and Megacolon in Dogs and Cats.