



# FIC Home-Care & MEMO Checklist

PETSLIKEMINE  
URINARY HEALTH

The environment changes that genuinely reduce stress-cystitis flares

CAT NAME _____	NUMBER OF CATS _____	VET PRACTICE _____
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Feline idiopathic cystitis (FIC) is the commonest cause of a cat's urinary signs, and despite looking just like an infection it usually is not one: there is no bacteria to treat, and antibiotics do not help. The trigger is stress, and the best-evidenced treatment is changing the environment so your cat feels safe and in control. It is called MEMO, and most of it is free.

### STILL AN EMERGENCY IN A MALE CAT

FIC and a blockage can look the same at first. If your male cat is straining and passing little or nothing, treat it as a blocked bladder and ring the vet now. This checklist is for preventing flares between episodes, not for an emergency.

### LITTER TRAYS: THE HIGHEST-YIELD CHANGE

- One tray per cat plus one spare (two cats means three trays)
- Spread them around the home, not lined up in a row, on different floors
- Big, open and uncovered, with fine unscented clumping litter a few centimetres deep
- Scoop every day; wash out with hot water and mild unscented soap
- Away from noisy appliances, food, water and busy walkways

### RESOURCES: PLENTY, AND SPREAD OUT

- Multiply and separate food, water, beds, scratching posts and hiding places
- Water stations away from food and away from the litter tray
- In a multi-cat home, no cat should have to compete or pass another to reach what it needs

### SAFETY, ROUTINE AND PLAY

- High-up perches and quiet hiding spots: a cat that can retreat feels safe, and safe cats flare less
- Predictable feeding and gentle daily play that lets your cat hunt, catch and "win"
- Block the view of outdoor cats; introduce any change slowly
- A pheromone diffuser can help as a support alongside the changes above

### MAKE IT STICK

Pick two or three changes to start with, not all at once, and add more over the weeks. Track flares below and watch them space out. Expect a wobble around stressful events; that is normal, not failure.

### FLARE LOG

DATE	SIGNS (STRAINING / BLOOD / OUTSIDE TRAY)	LIKELY TRIGGER	WHAT HELPED
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

follow your own vet's instructions.

**How to use.** FIC is a stress problem that shows up in the bladder. More water and a calmer, richer home are the treatment. A wellbeing aid, not a substitute for veterinary advice.

**IT'S STRESS, NOT INFECTION: WATER + CALM = FEWER FLARES**