Thirst & Wee Log

Measure the drinking, the first sign owners notice

PETSLIKEMINE
HORMONE HEALTH

PET NAME	WEIGHT (KG)	VET PRACTICE	START DATE

Drinking and weeing more is one of the first and most useful signs of a hormone problem, and one of the easiest to measure. A few measured days tells your vet far more than "he seems thirsty". Pairs with the Thirst & Wee Tracker, which works out the ml per kg for you.

HOW TO MEASURE IT

Put a measured amount of water in the bowl. After 24 hours, measure what is left; the difference is what they drank (top up from a measured jug if you refill). With more than one pet, measure on a day you can keep them to separate bowls. As a rough guide, drinking a lot is above about 100 ml/kg a day in dogs and 50 in cats.

DATE	WATER DRUNK (ML)	ML / KG (VET READS THIS)	WEEING MORE?	NOTES

More drinking and weeing sits behind Cushing's, diabetes and kidney disease alike, so this simple number helps your vet point at the right test. Bring it with you.

Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.

How to use. Measure a few typical days rather than one. Note if the weeing has changed too. Bring the figures to your vet to help steer the right tests.

A SIMPLE NUMBER POINTS AT THE RIGHT TEST