



After a Block: The Prevention Plan

PETSLIKEMINE
URINARY HEALTH

Lowering the odds of a re-block in the weeks after your cat comes home

CAT NAME _____	UNBLOCKED ON (DATE) _____	VET PRACTICE _____
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Blocking again is common: around 30 to 40 in 100 cats block again within a year, and most re-blocks happen in the first days to weeks. The good news is that the right changes meaningfully lower the risk, and they are the same calm, watery habits that settle cystitis underneath. The period right after coming home matters most.

GO STRAIGHT BACK TO THE VET, DO NOT WAIT, IF YOUR CAT IS

straining and passing little or nothing, crying, restless, vomiting or hiding. In a cat that has just been unblocked, do not give it any time at all: ring the vet or out-of-hours service immediately.

WATER FIRST (THE BIGGEST LEVER)

- Move towards wet food and add water to meals
- Fountains and several water stations around the home
- The goal is dilute, pale urine, which is less likely to form plugs and crystals

DIET AND MEDICATION (THE PLAN FROM YOUR VET)

- Feed the specific diet your vet recommends for what was found
- Give any prescribed medicine exactly as directed, for as long as directed
- Do not stop early because your cat seems better

MY CAT'S DIET + MEDICATION PLAN (WRITE YOUR VET'S INSTRUCTIONS HERE)

STRESS AND ENVIRONMENT (BECAUSE CYSTITIS UNDERLIES MANY BLOCKS)

- The litter-tray rules: one each plus one, big, open, unscented, scooped daily
- Plenty of separated resources, hiding places and high perches
- Predictable routine, daily play, and a pheromone diffuser as support

WATCH LOG (THE FIRST WEEKS ESPECIALLY)

DATE	PASSING URINE OK?	BLOOD / STRAINING?	EATING / BEHAVIOUR
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

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. Water above all, the right diet, a calmer home, and medication as prescribed, with the warning signs known by everyone at home. A wellbeing aid, not a substitute for veterinary advice.

WATER, DIET, CALM, AND KNOW THE WARNING SIGNS