



Stone-Prevention Plan

Diet, water and rechecks for a stone-forming pet, built around the stone type

PETSLIKEMINE
URINARY HEALTH

PET NAME _____	STONE TYPE (IF KNOWN) _____	VET PRACTICE _____
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With bladder stones, the type decides everything. Struvite stones can often be dissolved with a special diet and avoid surgery; calcium oxalate stones cannot be dissolved at all, so once they are dealt with it is all about stopping the next one. Either way, water and the right diet do the heavy lifting, for life.

KNOW YOUR STONE TYPE (ASK YOUR VET, THEN TICK)

- | | |
|--|---|
| <input type="checkbox"/> Struvite: often linked to over-concentrated urine (and, in dogs, infection); may dissolve on a diet | <input type="checkbox"/> Calcium oxalate: cannot be dissolved; prevention and, if needed, removal |
| <input type="checkbox"/> Urate or cystine: less common, often with a breed or genetic link; specific diets apply | <input type="checkbox"/> If the type is not yet confirmed, your vet may analyse a passed or removed stone |

WATER: DILUTE THE URINE

- | | |
|--|---|
| <input type="checkbox"/> Wet food, added water, fountains and several water stations | <input type="checkbox"/> Aim for dilute, pale urine, which makes stones far less likely to form |
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DIET IS A VET DECISION

The correct prevention or dissolution diet depends entirely on the stone type, so feed exactly what your vet prescribes and keep to it: no treats or scraps that break the diet, because even small extras can undo it. Write the diet and any medicine your vet recommends below.

MY PET'S DIET + ANY MEDICATION (YOUR VET'S PLAN)

RECHECK LOG (URINE TESTS AND IMAGING CATCH THE NEXT STONE EARLY)

DATE	URINE RESULT	X-RAY / SCAN	WEIGHT + NEXT RECHECK
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

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. Find the stone type, flood the system with water, feed the right diet for life, and keep the rechecks. A wellbeing aid, not a substitute for veterinary advice.

STRUVITE CAN DISSOLVE; OXALATE MUST BE PREVENTED