



Getting More Water In

The cheapest, most effective thing you can do for your pet's bladder

PETSLIKEMINE
URINARY HEALTH

PET NAME _____	CURRENT FOOD _____	VET PRACTICE _____
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More water means more dilute urine, and dilute urine means less irritation in cystitis, fewer crystals and stones, and less risk of a blockage. It is the cheapest and most effective thing you can do for a bladder, and it is worth real effort. Wet food does most of the work; the rest are small tweaks.

WET FOOD FIRST: THE BIGGEST LEVER

- Shift some or all of the diet to wet food, which is mostly water
- Add a splash of water (or a little plain, unsalted broth) to food
- Change over gradually, mixing a little more wet in each day

GET A CAT (OR DOG) TO DRINK MORE

- Several water stations around the home, away from food and the litter tray
- Try a pet water fountain: many cats prefer moving water
- Wide, shallow bowls (kinder to cat whiskers); glass or ceramic over plastic
- Fresh water topped up daily; experiment, because pets are individuals

WHAT TO SKIP

- Cranberry products and human UTI remedies: they target a bacterial problem cats usually do not have
- Adding salt to drive thirst, or any supplement, without your vet's advice

URINARY DIETS, HONESTLY

A prescription urinary diet can help, but the right one depends on the problem: a struvite-dissolving diet is different from a calcium-oxalate-prevention diet, so this is a vet decision, not a shelf one. Wet versions usually beat dry for urinary health. The aim, whatever the diet, is dilute, pale urine day in and day out.

WATER LOG

DATE	WET : DRY TODAY	FOUNTAIN / EXTRA WATER	URINE LOOKED (PALE / DARK)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

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. Wet food, fountains and several water stations, aiming for dilute, pale urine. The single cheapest medicine for a bladder. A wellbeing aid, not a substitute for veterinary advice.

**WET FOOD + FOUNTAINS = A HAPPIER
BLADDER**