

CONSTIPATION IN CATS

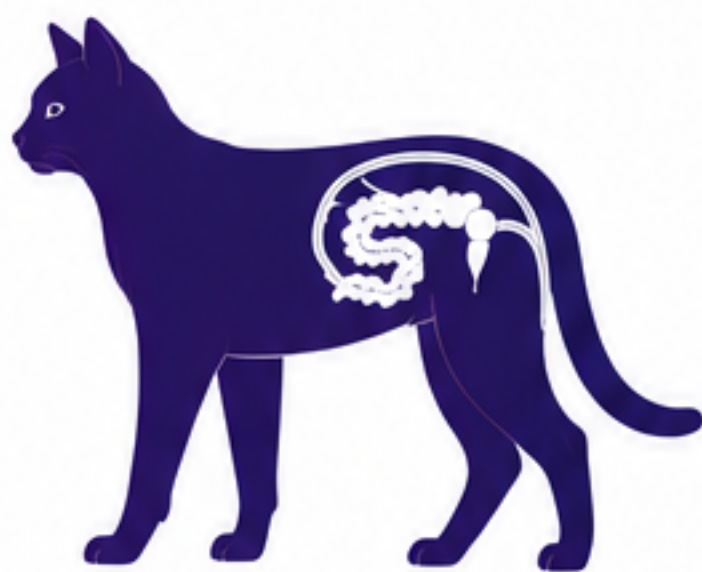
Helping Your Cat Feel Comfortable Again

Constipation occurs when your cat has difficulty passing stools or is unable to pass stools at all. Prompt recognition and care can help prevent discomfort and more serious problems.



? WHAT IS CONSTIPATION?

Constipation is when stools become dry, hard or infrequent, making them difficult or painful to pass.



! SIGNS TO WATCH FOR

- Straining to pass stools
- Passing small, hard or dry stools
- No bowel movement for more than 2–3 days
- Litter tray visits with no result
- Discomfort, restlessness or vocalising
- Loss of appetite
- Lethargy
- Vomiting (may occur in severe cases)

! Constipation that worsens or lasts more than a few days can lead to serious complications.

Q COMMON CAUSES



Inadequate water intake



Low fibre diet or sudden diet change



Lack of exercise



Hairballs or excessive grooming



Litter tray aversion or stress



Medications or supplements



Enlarged colon or megacolon



Underlying medical conditions

If the cause is not treated, constipation can return.

1 AT-HOME CARE (MILD CASES)



Ensure fresh water is available at all times.



Feed a balanced diet with adequate fibre. Your veterinarian may recommend a fibre supplement or a special diet.



Encourage regular play and gentle exercise.



Hairball control is important. Use a vet-approved hairball paste or diet if recommended.



Plain canned pumpkin (not pie filling) in small amounts may help some cats. Ask your veterinarian for the appropriate amount for your cat.



Do not give human laxatives or stool softeners unless specifically prescribed by your veterinarian.

Home care is only for mild cases. If your cat is straining, uncomfortable or hasn't passed stool for more than 3 days, contact us.

2 WHEN TO SEEK VETERINARY ATTENTION

Seek veterinary care immediately if your cat has any of the following:

- No bowel movement for more than 2–3 days
- Straining to pass stool with no result
- Vomiting
- Loss of appetite
- Abdominal pain, bloating or hardness
- Lethargy or weakness
- Blood in the stool
- Kittens, senior cats or cats with underlying health conditions

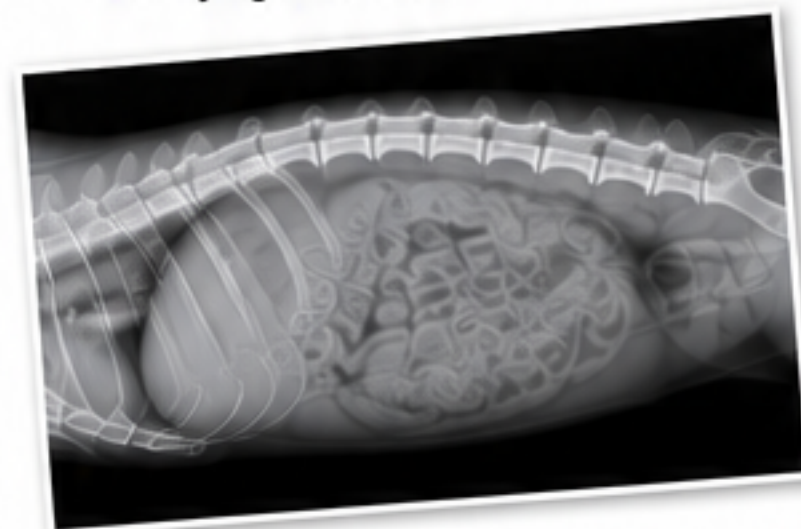


Chronic or severe constipation can lead to megacolon, bowel rupture and other serious problems.

3 HOW WE DIAGNOSE

Your veterinarian may:

- Perform a physical examination
- Check the rectum
- Recommend X-rays
- Run blood tests to look for underlying conditions



Accurate diagnosis helps us treat the cause and prevent recurrence.

4 TREATMENT AT THE CLINIC



Enemas or lubricants to soften stool
Medications to stimulate bowel movements
Fluids if dehydration is present
Dietary changes and supplements
Treatment depends on the severity and underlying cause.

5 PREVENTION TIPS

- ✓ Provide fresh water daily
- ✓ Feed a high-quality diet with adequate fibre
- ✓ Regular play and enrichment
- ✓ Maintain a healthy weight
- ✓ Good litter tray hygiene and low-stress environment
- ✓ Routine veterinary check-ups

💡 DID YOU KNOW?

Cats with chronic constipation may develop a condition called megacolon, where the colon becomes enlarged and loses its ability to contract normally. Early care can help prevent long-term complications.

