

FORBES VETERINARY CLINIC

VOMITING & DIARRHOEA IN CATS

Understanding Gastrointestinal Upset, Care & When to Seek Help

Vomiting and diarrhoea are common in cats and can range from mild and short-lived to serious. Knowing what to look for and when to act can make all the difference to your cat's health.



EARLY CARE
CAN PREVENT
COMPLICATIONS

? WHAT IS IT?

Vomiting is the forceful emptying of stomach contents. Diarrhoea is the passing of loose or watery stools. Both can occur together and are signs that something is irritating the gastrointestinal tract.



💡 DID YOU KNOW?

- Cats can become dehydrated quickly, even with short episodes of vomiting or diarrhoea.
- Kittens, senior cats and cats with underlying health conditions are at higher risk.
- Do not wait and see if your cat is showing other signs of illness. Early treatment leads to faster recovery.



COMMON CAUSES



Dietary indiscretion



Sudden diet changes



Infections (bacteria or viral)



Intestinal parasites



Food intolerances or allergies



Medications or toxins



Stress or anxiety



Underlying medical conditions

When in doubt, it's best to have your cat examined by a veterinarian.

1 RECOGNISE THE SIGNS

Common signs include:

- Vomiting
- Diarrhoea (loose or watery stools)
- Loss of appetite
- Lethargy
- Abdominal discomfort or bloating
- Hiding or reluctance to move
- Blood in vomit or stool



Dehydration is the biggest risk. Watch for dry gums, sunken eyes and weakness.

2 AT-HOME CARE (MILD CASES)



If your cat is interested in food and is not repeatedly vomiting, offer small amounts of an easily digestible diet.



Keep fresh water available at all times. Vomiting and diarrhoea can cause dehydration.



Rest and monitor your cat closely. Keep your cat quiet and monitor eating, drinking, vomiting, diarrhoea and behaviour.



No human medications or over-the-counter medications unless specifically directed by your veterinarian; some can be harmful to cats.

3 WHEN TO SEEK VETERINARY ATTENTION



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

- Vomiting or diarrhoea lasts more than 24 hours
- Your cat is unable to keep water down
- Blood in vomit or diarrhoea
- Severe lethargy or weakness
- Signs of dehydration (dry gums, sunken eyes, loss of skin elasticity)
- Abdominal pain or bloating
- Kittens, senior cats or cats with underlying health conditions

4 HOW IS IT DIAGNOSED?

Your veterinarian may:

- Perform a physical examination
- Ask about recent diet and history
- Check hydration status
- Recommend tests such as faecal analysis, blood tests or X-rays if needed



Accurate diagnosis helps find the cause and the most effective treatment.

5 TREATMENT AT THE CLINIC



Fluid therapy may be given to correct dehydration.



Medications may be prescribed to control vomiting, protect the stomach and treat the cause.



Treatments target the underlying problem such as infections, parasites or dietary issues.



Hospitalisation may be needed for severe cases.

6 RECOVERY & AFTERCARE

- Follow your veterinarian's instructions carefully.
- Continue bland diet and gradually reintroduce normal food.
- Probiotics may help restore gut health.
- Monitor your cat closely for any return of signs.

If signs return or worsen, contact your veterinarian.



PREVENTION TIPS



Keep bins secured and toxic items out of reach



Introduce new foods gradually



Maintain regular worming and parasite prevention



Reduce stress with routine, enrichment and quiet spaces



Provide a balanced diet and plenty of fresh water



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