

Feline Idiopathic Cystitis (FIC)

(Bladder inflammation of unknown cause)

1. This disease is most commonly seen in young, indoor, overweight, neutered males that eat predominantly dry food.
2. The typical clinical signs are similar to cats that suffer from a bladder infection or bladder stones. Of the three diseases, FIC is the most common in young cats.
3. Signs include:
 - a. Urinating more frequently.
 - b. An increased urge to urinate.
 - c. Straining in the litter box.
 - d. Blood seen in the urine.
4. 85% of cases resolve in 3-7 days.
5. 50% of cats will have a recurrence within 1 year.
6. FIC is a diagnosis of exclusion.
 - a. When a urinalysis, a urine culture, bladder x-rays, and possibly an ultrasound fail to find a cause, then the working diagnosis is FIC.
7. Although the cause is unknown, this condition seems to be brought on by
 - a. An inadequate environment if he/she is an indoor-only cat.
 - b. Stress (see "Cats That Eliminate Outside The Litter Box")
8. Treatment Options
 - a. 80% of the cases benefit from environmental enrichment (see "Enhancing Your Cat's Environment")
 - b. Pain Medication.
 - c. Increase water intake. This is usually accomplished by feeding canned food.
 - d. Antianxiety medication.