

# WELCOME TO CAT PARENTHOOD

## Feline Examination Checklist

Preventive health care is essential to ensure a long, healthy life for your cat. While seemingly independent and self-sufficient, cats often mask signs of sickness. Take your new friend to a veterinarian in your area for a comprehensive physical examination to establish a relationship early. Be sure to visit [cathealthy.ca](http://cathealthy.ca) to learn how to keep your cat healthy and happy for years to come!

CAT'S NAME: \_\_\_\_\_ ADOPTED FROM: \_\_\_\_\_ DATE: \_\_\_\_\_

AGE: \_\_\_\_\_

VETERINARIAN: \_\_\_\_\_

WEIGHT: \_\_\_\_\_ LB  \_\_\_\_\_ KG

NOTES: \_\_\_\_\_

CURRENT DIET DRY: \_\_\_\_\_

WET: \_\_\_\_\_



### Kittens up to 16 weeks of age

Vaccination	4-6 Weeks	8-9 Weeks	12 Weeks	16 Weeks and older	1 Year Later	Comment
FVRCP	<input type="radio"/> _____ DATE	<input type="radio"/> _____ DATE	<input type="radio"/> _____ DATE	<input type="radio"/> _____ DATE	<input type="radio"/> _____ DATE	
Rabies			<input type="radio"/> _____ DATE	<input type="radio"/> _____ DATE	<input type="radio"/> _____ DATE	
FelV			<input type="radio"/> _____ DATE	<input type="radio"/> _____ DATE	<input type="radio"/> _____ DATE	



### Adult cats and kittens over 16 weeks

Vaccination	First Vaccine	3-4 Weeks Later	1 Year Later	Comment
FVRCP	<input type="radio"/> _____ DATE	<input type="radio"/> _____ DATE	<input type="radio"/> _____ DATE	
Rabies	<input type="radio"/> _____ DATE		<input type="radio"/> _____ DATE	
FelV	<input type="radio"/> _____ DATE	<input type="radio"/> _____ DATE	<input type="radio"/> _____ DATE	

## Deworming

A broad-spectrum parasiticide should be used once a month after the first three doses. Heartworm prevention should be given in areas where dogs get heartworm.

<b>Internal Parasites: Roundworm and Hookworm</b> Three Doses Given Two Weeks Apart	<b>Name of Product(s) Used</b>
<input type="radio"/> _____ DATE <input type="radio"/> _____ DATE <input type="radio"/> _____ DATE	
<b>Internal Parasites: Tapeworms</b> Once Monthly	<b>Name of Product(s) Used</b>
<input type="radio"/> _____ DATE <input type="radio"/> _____ DATE <input type="radio"/> _____ DATE	
<b>External Parasites</b> Once Monthly	<b>Name of Product(s) Used</b>
<input type="radio"/> _____ DATE <input type="radio"/> _____ DATE <input type="radio"/> _____ DATE	

Tested for FeLV and FIV? Yes  Results No

Surgically sterilized (spayed or neutered)? Yes  No  Unknown

Identification: Microchip  Number Tattoo  Number Rabies Tag  Number

Fecal Analysis: Yes  Results No

# Congratulations on expanding your family!

Your new cat friend has already received the vaccines and deworming that are checked off in the chart. When visiting your veterinarian for the first time, share this list to ensure the full series of vaccinations can be completed within the recommended time frame. Your veterinary team is the best source of information to ensure a healthy life for your new addition to the family. Check out the Cat Healthy app to get tips and tools for your cat's health and happiness.



The *Cat Healthy Preventive Health Care Protocols* are based on published evidence wherever possible, and the consensus of Canada's board-certified feline veterinarians.

## An ounce of prevention

Cats need regular preventive health care because they hide illness: their signs of sickness are subtle. If you think something has changed, get your companion checked out. Otherwise, your feline friend should have a comprehensive physical examination and consultation once a year until eight years of age; after this, visits should be every six months.

## Getting to the clinic with less fuss

Cats can be taught to feel relaxed in their carrier. This helps to reduce stress—theirs and yours—and makes it much easier for you to address potential problems early.

## The foundation

Physical examinations, vaccinations and deworming need to be maintained, **even in indoor cats**, as they are critical components of preventive care. However, there are many aspects that contribute to health and wellness, such as dental care, that sometimes get forgotten. Building a strong relationship with your cat's health team will help you give your cat the best, healthiest life possible.

## Cut that out!

Surgical sterilization (spaying and neutering) is extremely important, not just to help control pet over-population and suffering of unwanted cats, but also for your own cat. Sterilization reduces the chance of developing certain types of cancer as well as reducing unpleasant odours and behaviours. Cats can be safely sterilized as young as six weeks of age.

## Nutrition essentials

Your veterinary team is trained in nutrition. They will evaluate body condition, muscle and coat condition as well as weighing your cat at every visit. They will recommend a specific diet, how much and how often it should be fed.

- Cats typically eat small meals throughout the day and night, so multiple **small** meals should be offered (e.g. breakfast, dinner, evening snack) rather than having a bowl filled with food all the time.
- It's easy to gain weight! To be sure you aren't feeding too much (or little), weigh the dry food with a gram scale: cups and spoons don't work for dry food.
- Treats are fun: just be sure that no more than 10% of the daily calories come from treats or people food.
- Working for meals (e.g. food puzzles, balls) is a great way to stimulate your cat mentally!

## Make yourself comfortable: environmental needs

We may know what another person needs to feel comfortable, but are a cat's needs the same? Cats need food, water, a place for privacy, an observation place (perch), a clean litter box, a scratching surface and appropriate toys.

- Is each of these resources in a separate, quiet location that is easy to access?
- If you have more than one cat, does each cat have their own food bowl, water bowl and litter box that they can readily access without fearing ambush by other cats/dogs?

- Is the litter box in a well-ventilated, quiet area?
- Is the litter box scooped at least once daily?
- Does each cat have a secure scratching surface, perch and resting area?
- Does each cat have the chance to play with you or other animals every day?
- Are toys that mimic prey available?

## Sitting pretty

Nails need care too. Scratching a post feels good, but it also helps keep nails in tiptop shape. Like carrier training, using positive reinforcement (treats), cats can easily be taught to have their nails trimmed. Some cats need to have their coats combed, but most of the time cats do a wonderful job of grooming themselves. A matted, unkempt, or dirty coat may indicate that kitty is sick.

## How about those pearly whites?

At every examination, your veterinarian will look at your cat's teeth and mouth. Gingivitis and periodontal disease are very common as are painful resorptive lesions. Most cats will continue to eat even if they have pain. For a thorough evaluation, your veterinarian will need to anaesthetize your cat and take dental X-rays.

## Tell me when it hurts

Cats won't always admit to being in pain (remember those subtle signs?) so don't expect to know if something hurts. Cats may just "slow down", be less interactive, or more needy. If in doubt, get kitty checked!

## Passing those tests!

Every cat should be tested for Feline Leukemia virus (FeLV) and Feline Immunodeficiency virus (FIV). Not only should they be tested when you bring them home, but also before vaccinating against FeLV. If your cat gets sick, they should be tested in case the virus failed to show up earlier. All cats who go outside are at risk for territorial disputes; fighting and biting increases the chance of infection, so outdoor cats should be tested annually. Like people, as cats get older they are at greater risk for developing health conditions like diabetes, kidney and thyroid diseases. Cats over eight years of age should have regular blood screening, urine tests, and their blood pressure measured to detect changes that could suggest an underlying problem in its earliest stages.

## Carry ID

All cats should have a permanent form of identification. In addition to a microchip, cats can also be tattooed and wear a quick-release collar with a name tag. Indoor cats that get outside accidentally or when housing circumstances change, need to be carrying ID so that someone can help them find their way home. Be sure to keep your contact information up to date with the clinic and the microchip company.

## Insure me

Pet health insurance takes the bite out of necessary veterinary care costs throughout your cat's life. A variety of products and coverage options exist to cover everything from accidents to dental care to chronic conditions associated with old age. Investigate different forms of coverage that ensure your cat receives the required health care to promote a long, healthy life.



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