



CONGRATULATIONS ON YOUR NEW KITTEN

We follow the most recent vaccine guidelines for your kitten and recommend:

DISTEMPER AND UPPER RESPIRATORY VACCINE (FVRCP)

At least two doses every 3 to 4 weeks until the kitten is at least 16 to 20 weeks old. This vaccine is boosted in one year and then repeated every 3 years

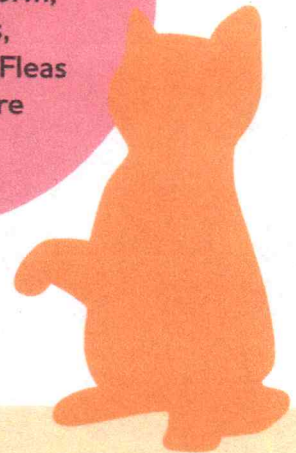
LEUKEMIA VACCINE

Two doses 3 to 4 weeks apart when the kitten is at least 8 weeks old. This is boosted every year.

RABIES VACCINE

Given when your kitten is at least 3 months old and booster every year.

All cats need Revolution on the same day each month all year to prevent Heartworm, Roundworms, Hookworms and Fleas even if they are indoor cats.



Cats who go outside also need tick control

CATS ARE GENETICALLY PROGRAMMED TO HIDE ILLNESS AND INJURIES:

Cats and kittens have very subtle signs of illness and injury because they are unique as the only companion animal that are solitary hunters, as well as being both predators and prey. We need to check your cat whenever you see subtle and more obvious signs including: a visible limp, frequent vomiting, and a new lump, subtle changes in grooming, change in behavior, sleeping more, change in appetite, change in elimination of urine and stool, personality changes, and weight loss.

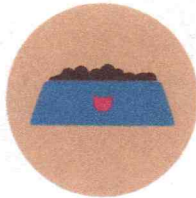


WHAT CATS NEED TO BE HEALTHY AND HAPPY

○ Cats thrive on routine

○ They need a familiar place to live

○ They need a private place to eat and drink separate from other pets



○ They need a litter pan that is private but convenient and always clean (just like us!)

○ They need a litter pan that is large enough with deep litter

○ They need the litter they prefer – unscented, clumping, fine clay works best for many cats

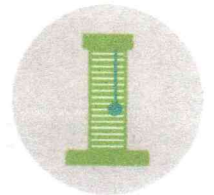
○ They need vertical spaces – window sills, cat trees, shelves



○ They need a place to hide

○ They need an elevated place to rest like a perch, bed or cat tree

○ They need their own place to scratch their claws for exercise and leaving messages



○ Most cats prefer stable scratching posts that are vertical and made out of carpet or rope

○ They need daily play that simulates hunting



○ Cats like to be in control - they need owners who learn the cat's own preferences for interaction and are always gentle

○ Don't wash away the facial markings cats leave by rubbing. These are messages the cat leaves behind that make them feel secure.

○ In households with more than one cat, each cat needs their own resources for eating, drinking, hiding, scratching, perching, and their own litter pan.



Spaying or neutering can protect your cat from serious health and behavioral problems later in life. It also helps control the stray cat population.

SPAYING OR NEUTERING REDUCES THE RISK OF...

UTERINE DISEASE

Known as a pyometra, this is a potentially life-threatening condition which can be very expensive to treat. It is 100% preventable if your cat is spayed.

MAMMARY TUMORS (BREAST CANCER)

Over one-half of all mammary tumors are malignant and can spread to other areas of the body. Early spaying, prior to your cat beginning her heat cycles, significantly reduces the incidence of tumor formation.

TESTICULAR CANCER

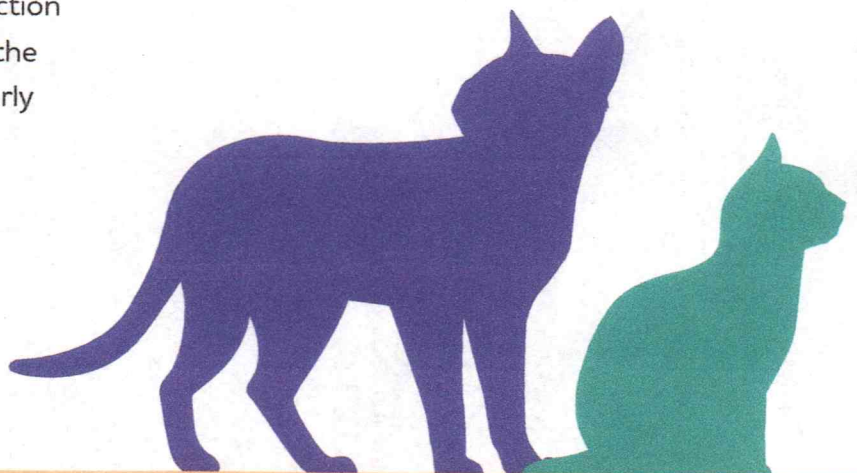
This cancer, as well as prostatitis (an infection causing malignant or benign swelling of the prostate), can be greatly reduced with early neutering.

BEHAVIORAL PROBLEMS

Unwanted behaviors such as dominance aggression, marking territory and wandering can be avoided with spaying or neutering.

OVERPOPULATION

There are more kittens in shelters than there are people willing to provide them with love and care. Sadly, many are euthanized. Spaying or neutering can help reduce the number of cats in need of homes.



Spayed and neutered cats live healthier and longer lives!
Consider the benefits to your cat and the community, and ask us
when is the best time to spay or neuter your cat.



Prevention is the best approach in protecting your cat against deadly heartworms, intestinal parasites, and flea and tick infestations. Your veterinarian will help you find the product that is right for your cat based on his or her needs.

EXTERNAL PARASITES

are assessed visually by your veterinarian.



FLEAS

Fleas thrive when the weather is warm and humid. Indoor and outdoor cats are susceptible to flea infestations. Beyond the skin irritation and discomfort, flea infestations can also cause deadly infections, flea-allergy dermatitis (OUCH!) and the transmission of tapeworm parasites if ingested.



TICKS

Ticks can spread serious infectious diseases such as Lyme, Ehrlichiosis and Cytauxzoon to pets and people. Inspect your cat for ticks, large and small, especially if they go outside in a wooded or grassy area.

INTERNAL PARASITES

are assessed by blood tests and fecal exams.



INTESTINAL PARASITES

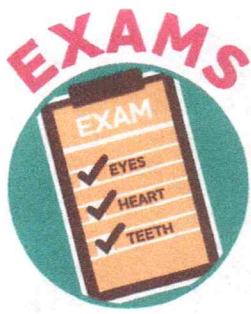
Roundworm, hookworm, tapeworm, Coccidia, Giardia, Tritrichomonas and Cryptosporidium are all common in cats. Many of these parasites can be transmitted to you and your family if your pet becomes infected.



HEARTWORM

Mosquitoes can spread heartworm, a harmful disease that affects cats. As its name implies, heartworm lives in the blood of a cat's heart and blood vessels.

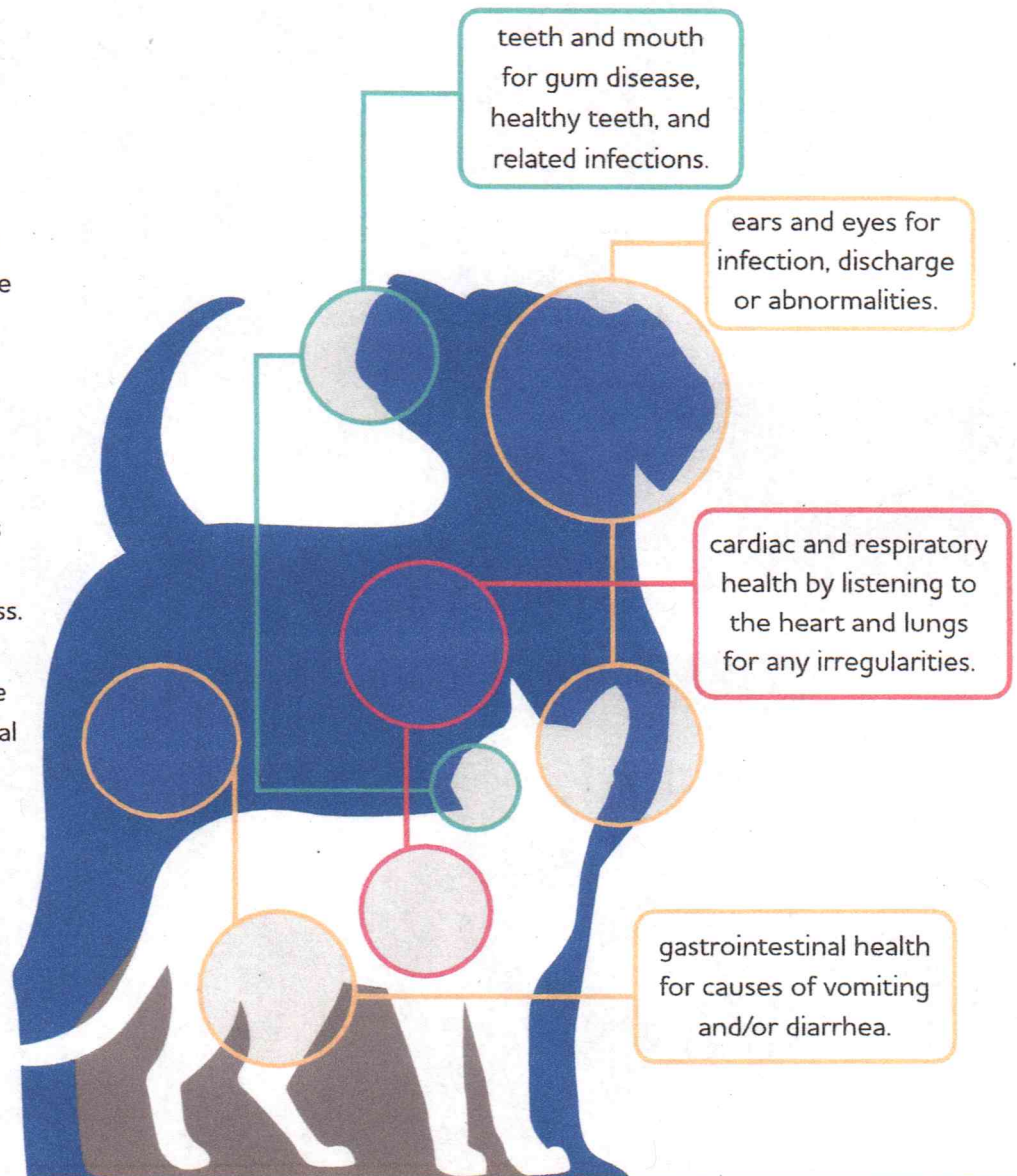
Life is better for your cat and family without parasites. Let us help you choose your flea, tick, heartworm and intestinal parasite preventatives today!



Bringing your pets to the veterinarian for a physical exam every year is the smartest and easiest way to keep them healthy. Exams allow your veterinarian to detect any problems before they become severe or costly.

YOUR VETERINARIAN WILL CHECK...

- muscular and skeletal health by feeling for healthy muscle mass and joint pain.
- neurologic system check - it could indicate birth defects in younger pets, and cognitive issues in older pets.
- appropriate weight and lifestyle for your pet's age.
- lymph nodes - swollen nodes can indicate a wound, virus, infection or some other illness.
- vital signs (temperature, pulse and respiration) - an abnormal reading could indicate illness.
- skin and coat condition for growths, infection wounds and overall skin health.

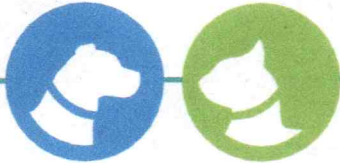


BRING YOUR PET TO THE VETERINARIAN EVERY YEAR FOR A CLEAN BILL OF HEALTH AND PEACE OF MIND

Your pet can't tell us what's wrong. But routine physical exams can help your veterinarian detect any problems or diseases you might not have otherwise picked up on, including **heart murmurs, tumors, enlarged organs, cataracts, ear infections, ear mites, dental and gum disease, skin issues and allergies.**



Yearly lab tests are safe and non-invasive ways to diagnose and prevent sickness or injuries that a physical exam cannot detect.



BLOOD SCREENING

A blood screening checks for anemia, parasites, infections, organ function and sugar levels. It is important to get a blood test annually for your pet, to help your veterinarian establish a benchmark for normal values and easily see any changes that may point to problems.

URINALYSIS

This test has the ability to screen for diabetes, urinary tract infections, bladder/kidney stones, as well as dehydration and early kidney disease.

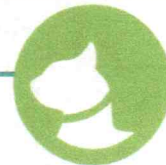
INTESTINAL PARASITE CHECK

Using a stool sample, your veterinarian can check to see if your pet has parasites. Many parasites can be passed on to humans, so it is important to complete this screening annually, especially if your pet has any symptoms including upset stomach, loss of appetite and weight loss.



CANINE TESTS

Your veterinarian may check for the presence of heartworms in your dog, as well as the three common tick-borne diseases – Lyme, Anaplasma, and Ehrlichia Canis.



FELINE TESTS

A combination test checks for heartworm, Feline Leukemia Virus (FELV) and Feline Immunodeficiency Virus (FIV). FELV and FIV are serious diseases that weaken the immune system, making cats susceptible to a variety of infections and other diseases. FELV is spread through casual contact, and FIV is transmitted primarily through bite wounds. They can also be transferred to cats by their mothers. Any new pets, or sick/stray cats entering a household, should be tested.

BLOOD PRESSURE TESTING

Senior cats are routinely tested for high blood pressure. It may occur as a secondary disease to another illness and is commonly seen in older cats. But it can affect a cat at any age and cause damage to the eyes, heart, brain and kidneys. A new heart murmur or alterations in your cat's eyes during a routine exam may prompt your veterinarian to take a blood pressure reading.

Routine testing can add years to your pet's life.
Your veterinarian will recommend lab tests appropriate for your pet based on age and lifestyle.



Make your pet's wellbeing a priority. See your veterinarian regularly and follow these tips to keep your pet happy and healthy.

NUTRITION

Your veterinarian will give you a recommendation for a high quality and nutritious diet for your pet, and advise you on how much and how often to feed him or her. Diets may vary by species, breed and age.

IDENTIFICATION

Microchipping is a safe and permanent identification option to ensure your pet's return should he or she get lost. Ask us about the process and get your pet protected.

SAFETY

Always keep your dog on a leash in public, and your cat indoors to protect them from common hazards such as cars and other animals.

GROOMING

Frequent brushing keeps your pet's coat clean and reduces the occurrence of shedding, matting and hairballs. Depending on the breed, your pet may also need professional groomings.

DENTAL AND ORAL HEALTH

Brush your pet's teeth regularly and check with your veterinarian about professional cleanings as well as dental treats and products available to help prevent bad breath, gingivitis, periodontitis and underlying disease. Although your pet's teeth may look healthy, significant disease could be hidden below the gum line.

EXERCISE

Be sure to spend at least 15 minutes a day playing with your cat to keep him or her active and at a healthy weight. All dogs need routine exercise to stay fit, but the requirements vary by breed and age. Ask us what's best for your dog.

Doggy daycares and boarding facilities are other ways to help to burn off some energy and socialize your pets.

TRAINING

Enroll your dog in training classes to improve his or her behavior with pets and people.

Cats need minimal training. Be sure to provide them with a litter box beginning at four weeks of age.

ENVIRONMENTAL ENRICHMENT

Entertain your pet's natural instincts by using toys that encourage them to jump and run. Cats especially need to fulfill their instinct to hunt – provide interactive toys that mimic prey like a laser pointer or feathers on a wand. You can also hide treats in your pet's toys or around the house to decrease boredom while you're away.

BE YOUR PET'S GUARDIAN ANGEL

Call us if your pet experiences vomiting, diarrhea, poor appetite, lethargy, trouble breathing, excessive drinking or urinating, wheezing or coughing, pale gums, discharge from nose, swollen eye or discharge, limping, and/or difficulty passing urine or stool as these may be signs of illness.



Every cat is unique, and the start of each stage of life calls for different home and veterinary care. Check with your veterinarian to establish a proactive wellness plan to keep your pet happy and healthy throughout its life.

ANNUAL WELLNESS

Kittens must receive a series of properly staged vaccines and physical exams. During these exams, your veterinarian may also recommend parasite preventatives or lab tests.

Adult cats will need to continue visiting the veterinarian annually for physical exams, recommended vaccines and routine testing.

Senior cats can develop similar problems seen in older people, including heart disease, kidney disease, diabetes and arthritis. Your veterinarian may recommend biannual visits to ensure your pet's quality of life.

SPAY/NEUTER

Females spayed before their first heat cycle will be less likely to get uterine infections, ovarian cancer and breast cancer. Males neutered at any age will be less likely to get prostate disease. Spaying or neutering also helps prevent behavioral problems like urine marking and escaping. Talk to your veterinarian about spaying or neutering your cat.

NUTRITION

Cats require different types of food to support each life stage. Growing **kittens** need more nutrient-dense food than adults while **adult cats** need food that will keep them healthy and energetic. Switching to adult food right after spaying or neutering has been shown to decrease the likelihood of obesity and related conditions. Your **senior cat** may need a different amount of calories and protein depending on body condition as he or she ages. Talk to your veterinarian to determine what's appropriate for your cat.

EXERCISE

Keep your **adult cat** fit by using toys that encourage him or her to run and jump. Be sure to give your cat at least 15 minutes of playtime a day.

Weight management of your **senior cat** is extremely important to ensure that he or she is at an ideal body weight and able to move around comfortably.

TRAINING

Behavioral issues are a major cause of pet abandonment. Begin training your **kitten** right away to prevent bad habits and establish good ones.

All cats need a litter box, which should be in a quiet, accessible room. Place your **kitten** in the box after a meal or whenever it appears he or she needs to go. Be sure to scoop out solids twice daily and empty it out completely once a week. The number of boxes in your household should be the total of number of cats plus one.



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Introducing New Kitten to Home



Best Way to Introduce a New Kitten

Your life with your new kitten begins on the ride home. First, cats should always be transported in some kind of pet carrier in the car. By teaching your kitten to ride in a confined location, you are providing safety as well as starting a routine that you can maintain for future car rides.

Upon arriving at home, place the kitten in a small, quiet area with food and a cat litter box. If

the kitten is very tiny, a small litter box with low sides will be necessary at first. If possible, duplicate the type of litter material that was used in the kitten's previous home

Kitten Proofing the Home

Set up a safe and secure area where you can leave your kitten when you are not available for supervision. This location should have a food bowl, water bowl, litter box, play toys, a scratching post, and a resting area; be sure the space is big enough to accommodate all of these things.

Since it is advisable to feed your kitten multiple small meals throughout the day, you may choose to also provide a feeding area in this room. All kittens and cats will need time to investigate their new surroundings, but make sure to inspect the area for nooks and crannies where a kitten might hide or get stuck. For a new kitten this is a more manageable task if you limit the available space initially. Be sure that any area where your kitten is allowed to roam has been effectively cat-proofed, which includes anywhere the kitten can jump or climb. Potentially dangerous items like electric cords and items that might be chewed or swallowed, such as thread, rubber bands, paper clips, or children's toys, should be booby trapped or kept out of reach. (See Controlling Undesirable Behavior in Cats) After your new kitten has had some quiet time in a restricted location, slowly allow access to other areas of the home under your supervision.

Kittens are natural explorers and will use their claws to climb up onto anything possible. In the first few weeks, slow access to the home will allow for exploration as well as the ability for you to monitor the kitten's behavior.

Introducing the New Kitten to Other Pets

Although some kittens may show fear and defensive postures toward other pets in the home, most young kittens are playful and inquisitive around other animals. Therefore, it is often the existing pets that can pose more of a problem. If you know or suspect that your adult dog or cat might be aggressive toward the kitten, then you should seek professional behavior advice before introducing the pets to each other.

The kitten should be given a safe and secure area that provides for all of its needs (as described above), and introductions with the existing family pets should be carefully supervised. At the first introduction there may be no immediate problems, and reinforcement

of desirable responses may be all that is required.

Introducing the New Kitten to Your Dog

If there is some mild anxiety on the part of your dog, the introductions will need to be controlled, gradual, supervised, and always positive. Begin by placing your new kitten in a carrier or on a leash and harness so that it will not provoke the dog. Using a leash to control your dog, use favored rewards and training commands to encourage your dog to sit or stay calmly in the presence of the cat. Dogs that are not well trained to settle on command may need their training reviewed and improved upon before introduction to any new pet. Alternatively, a dog leash and head *halter* may be used for more immediate control and safety. Calm investigation should then be encouraged and reinforced. Any initial anxiety on the part of the dog or kitten should soon decrease.

If the dog is prevented from rough play and chasing, the kitten should quickly learn its limits with the dog, including how to avoid confrontation by climbing or hiding. Initially it would be best to keep a dog and a kitten separated unless supervised. If there is still the possibility of aggression or injury after the cautious initial introductions, then a behavior consultation would be advisable.

Introducing the New Kitten to Your Cat

Most adult cats are fairly tolerant of kittens. Keeping the kitten in its own area and then allowing introductions when the cats are eating or playing should help to decrease any initial anxiety. A cat crate, or a leash and harness, can be used to control one or both of the cats during initial introductions. A *synthetic* cheek gland scent, either as a spray or diffuser, may also be useful for easing introductions. Most cats and kittens will soon work out a relationship on their own without injury. However, if there is a threat of aggression, a gradual introduction program will need to be followed.

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Kitten Basics 101 - Taking Care of Your New Kitten

February 27, 2014

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Raising a kitten is one of the most fun things you'll ever do, but it's also a big responsibility. The following guide will walk you through the basics of how to take care of that playful, purring bundle of fur.

Kittens are so cute, it's understandable that cat owners sometimes wish their kittens could stay kittens forever. This is the when you, as the pet parent, lay the foundation for your cat's future health and behavior. Not to mention, it's the stage where you have to decide what food to buy, what vet to visit, and where to place the litterbox. Fortunately, all of your hard work during these first few months is compensated by loads of snuggling and adorability.

1. Verify Your Kitten's Age

Though it's not something you have any control over, your kitten's age is more than just a number. In fact, it's crucial that you learn it. Kittens have very specific developmental needs for the first 10 weeks of their lives in terms of nourishment, warmth, socialization, and excretion. For this reason, most breeders and shelters typically wait until their kittens are of age before they're put up for adoption. If you, by chance, find yourself in a situation where you need to care for an orphaned kitten under 10 weeks old, consult your vet for special instructions.

2. Find a Good Vet

If you don't have a vet in mind already, ask friends for recommendations. If you got your cat from a shelter, ask their advice as they may have veterinarians they swear by. Local dog walkers and groomers are also a great resource for pet recommendations.

One of the first things you should do with your new cat, if not the very first, is take him in for an exam. This trip is almost as important for the owner as it is the kitten, because it not only tests for health issues like birth defects, parasites, and feline leukemia, but it allows you to ask those all important questions including advice on litterbox training your kitten.

3. Get the Most Out of Your First Vet Visit

1. Have your vet recommend a type of food, how often to feed, and portion sizes.
2. Discuss kitten-safe options for controlling parasites, both external and internal.
3. Learn about possible signs of illness to watch for during your kitten's first few months.
4. Discuss how to introduce your kitten to other household pets.
5. Schedule future visits and vaccinations to establish a preventive health plan for your kitten.

4. Shop for Quality Food

Feeding a kitten isn't as easy as grabbing a bag of cat chow at the nearest convenience store. Growing kittens need as much as three times more calories and nutrients than adult cats. That's why it's important to find a good quality food designed especially for kittens. A name brand food, formulated for kittens, is the simplest way to ensure that your kitty gets the proper nourishment without supplements. Also, check to make sure your kitten's food includes a statement from the Association of Animal Feed Control Officials (AAFCO) displayed on the packaging, ensuring the food is nutritionally complete.

5. Set Up a Feeding Schedule

To keep up with your kitten's appetite, you'll want to establish a daily feeding routine. The best way to ensure that you're not under or over-feeding your kitten is to consult with your veterinarian about how much and how often to feed. At 3 to 6 months of age, most vets recommend feeding your kitten three times a day. Once he's reached six months, you can scale it back to twice a day. Keep stocking your pantry with kitten food until your baby reaches adulthood, 9 to 12 months old. In addition, don't forget to keep his water bowl fresh and filled at all times. But hold the milk. Contrary to popular belief, milk is not nutritionally sufficient for kittens and can give them diarrhea.

Get advice on the best way to litterbox train your kitten.

6. Be Sociable

Once your vet has cleared your kitten as free of disease and parasites, it's safe to let your new kitten explore its new surroundings and other pet roommates. Handling and playing with your kitten at least once a day will help him form a strong emotional bond with you. If you have children, monitor their introduction to the new kitten to make sure it's a positive experience for both the kitten and child.

7. Prepare a Room

Before you bring your kitten home, it's best to designate a quiet area where the kitten can feel comfortable and safe. In this base camp, you'll need to put a few essentials like food and water dishes, a litterbox (preferably one with low sides), and some comfortable bedding. Tip: Remember, cats don't like their food and litterbox too close together. So place the food dishes as far away from the litter as possible within the space.

8. Gear Up

Here's a list of the most essential items you'll want to have before bringing your kitten home:

1. Quality food, specifically formulated for kittens
2. Collar and ID tags
3. Food bowls, preferably metal or ceramic
4. Litterbox and cat litter
5. A comfortable, warm cat bed
6. Cat carrier
7. Scratching post
8. Kitten safe toys, no small pieces that your kitten can swallow
9. Cat brush
10. Cat toothbrush and toothpaste (get him started at a young age)

9. Watch for Early Signs of Illness

Young kittens are more susceptible to a number of illnesses, and it's always best to catch a health issue in its early stages. Contact your vet immediately if your kitten displays any of the following symptoms.

1. Lack of appetite
2. Poor weight gain
3. Vomiting
4. Swollen or painful abdomen
5. Lethargy (tiredness)
6. Diarrhea
7. Difficulty breathing
8. Wheezing or coughing
9. Pale gums
10. Swollen, red eyes or eye discharge
11. Nasal discharge
12. Inability to pass urine or stool

This article has been reviewed by a Veterinarian.

Five Common Feline Toxins

petpoisonhelpline.com/uncategorized/top-five-feline-toxins/

April 18, 2012

Pet Poison Helpline Advises Cat Owners to be Aware of These Dangerous Toxins

How to keep your cat safe this upcoming year

It is no surprise that dogs and cats are, by far, the most common pets in U.S. households today. The cat population in the U.S. outnumbers dogs by more than 10 million, making them the most populous pet species. This is due, in large part, to apartment dwellers in urban environments, the ease of cat maintenance, and the potentially lower financial cost of ownership.

Dogs tend to be prone to mischief and account for a large percentage of calls to Pet Poison Helpline, a 24/7 animal poison control based out of Minneapolis. That said, cats still comprise a significant number of calls to Pet Poison Helpline. The top five most common cat toxins include:

1. Human or veterinary drugs
2. Poisonous plants
3. Insecticides
4. Household cleaners
5. Other poisons, such as glow sticks and liquid potpourri

Human and Veterinary Medications

Approximately 40% of calls to Pet Poison Helpline are due to cats inappropriately ingesting human or veterinary drugs. Cats have difficulty metabolizing certain drugs due to their altered liver metabolism, especially as compared to dogs and humans. Common drugs such as non-steroidal anti-inflammatories (NSAIDs) are some of the most deadly to cats. When ingested, NSAIDs can result in severe, acute kidney failure (ARF) and gastrointestinal injury/ulcers.

Likewise, one Tylenol (e.g., acetaminophen) tablet can be fatal to a cat. Untreated, it can cause severe anemia (low red blood cell count), difficulty breathing, a swollen face, liver failure and death. Cats also seem to like the taste of certain antidepressants (e.g., Effexor), which may contain an attractive smell or flavor in the coating. With any accidental medication ingestion, immediate veterinary care is imperative.



Plants

Poisonous plants are the second most common toxin that cats get into, and represent approximately 14% of feline-related calls to Pet Poison Helpline. True lilies (*Lilium* and

Hemerocallis spp.), including the Tiger, Day, Asiatic, Easter, Oriental, and Japanese Show lilies, are among the most deadly, as ingestion can cause severe, acute kidney failure in cats. Because these flowers are fragrant, inexpensive and long-lasting, florists often include them in bouquets. Small ingestions of two or three petals or leaves – even the pollen – can result in potentially irreversible kidney failure. Even the water in the vase can be potentially poisonous to cats. Immediate veterinary care is imperative. Despite their



name, other plants such as the Peace and Calla lily are not true lilies and do not cause kidney failure. Instead, these plants contain insoluble oxalate crystals that can cause minor symptoms, such as irritation in the mouth, tongue, pharynx and esophagus.

Insecticides

Insecticides comprise approximately 9% of feline-related poisonings at Pet Poison Helpline. Exposure to household insecticides can occur when a cat walks through an area that was treated with lawn and garden products, sprays, powders, or granules. Cats are also typically accidentally exposed to household insecticides when pet owners inappropriately apply a *canine* topical flea and tick medication onto a cat. Dog-specific insecticides containing pyrethrins or pyrethroids



are *highly* toxic to cats. Severe drooling, tremors and life-threatening seizures can occur. Always read labels carefully before using any kind of insecticide and ask your veterinarian about appropriate topical flea and tick medications for your cat. Even more “natural” or “holistic” flea medication can be very dangerous to cats.

Household Cleaners

Exposure to household cleaners accounted for approximately 6% of feline-related calls to Pet Poison Helpline. Many cat owners don't realize that some common household cleaners like kitchen and bath surface cleaners, carpet cleaners, toilet bowl cleaners and even laundry detergents can be toxic to cats. Symptoms can include profuse drooling, difficulty breathing, vomiting, and even organ damage. After cleaning your home, make sure all excess liquid or residue is wiped up or eliminated as soon as possible. Only allow your cat back into the cleaned areas after the



Only allow your cat back into the cleaned areas after the

products have completely dried. When storing cleaning products, keep them out of your cat's reach.

Other Poisons

The remainder of feline-related calls to Pet Poison Helpline involve less obvious poisons, such as glow sticks. Glow sticks and jewelry contain a very bitter tasting liquid called dibutyl phthalate. While rarely deadly, just one bite into glow sticks can cause your cat to drool profusely. Most of these exposures can be managed at home. Offer (but do not force) your cat to drink some chicken broth or canned tuna (in water, not oil); this will help remove the bitter taste from the mouth. Remove the glow sticks and clean up any remaining liquid to prevent re-exposure as cats may continue to groom the bitter dibutyl phthalate off their fur. A bath may be in order to remove any "glowing" liquid from his or her skin. If you see signs of redness to the eyes, squinting, continued drooling, or not eating, a trip to the veterinarian may be necessary.



Keep your four-legged felines safe by protecting them from these common feline toxins. If you think your pet may have ingested something harmful, take action immediately. Contact your veterinarian or Pet Poison Helpline at 1-800-213-6680.

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