



FISHER GLEN
ANIMAL HOSPITAL



WELCOME TO FISHER GLEN

YOUR KITTEN PREPAREDNESS KIT

We are very pleased to have your new kitten as a patient. That's why we have developed this kit, to help guide you as you learn the ropes for giving your new kitten a happy and healthy home!

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Your First Year at Fisher Glen

A breakdown of your kitten's year one healthcare schedule. We also offer annual wellness plans for cats and kittens, with a discount on services, food, and 1 free extra exam at any time. Contact us today to learn more!

www.fisherglen.ca

fisherglen@fisherglen.ca

613 228 7008



Core Vaccinations

At 8 weeks of age:

FVRCP vaccine.

At 12 weeks of age:

FVRCP vaccine

At 16 weeks of age:

FVRCP and rabies vaccines.

Optional vaccines:

Feline leukemia virus

Parasite Prevention

Deworming:

Deworming is performed once monthly until 6 months then a minimum of 4 times a year.

Spay/Neutering

We will discuss the most appropriate time to spay or neuter your kitten based on your situation and the most recent scientific evidence.

Bloodwork is recommended a few days before surgery.

Please do not forget the importance of an annual examination each year for your pet. Remember, one year of theirs is 7 of ours.

Don't hesitate to ask if you have any questions. We are always happy to answer them for you!



Get Ready for Your New Arrival by Kitten Proofing Your House!

Kittens are naturally inquisitive, which can lead to serious injury. Think of them almost like toddlers and use these guidelines to keep your home safe:

Garbage: May contain many interesting things, including bones. Make sure that garbage cans are inaccessible!

Electrical cords: Kittens may chew on these, so make sure they are out of reach, or use a pet-repellent spray.

Household Chemical Killers: Things like cleaning agents, bleach, gasoline and rat poison should all be locked up.

Strings, Tinsel, Elastics: Some cats love to chew on these, but they can have dire consequences in your kitty's digestive tract. Keep out of reach.

House Plants: Many plants are toxic including lilies, philodendron, azalea, Dieffenbachia, eucalyptus, elephant ear, ivy amaryllis, Jerusalem Cherry, oleander, boxwood and some bulbs.

Xylitol: Found in coffee sweetener and

chewing gum, this can be harmful to pets.

Lawn Chemicals: If you treat your lawn, keep pets away. Read and follow label directions carefully.

Plastic Bags: Some pets love to play with plastic bags, but they can suffocate. Keep them out of reach.

Personal Items/Medications: cosmetics, shampoos, ASA, acetaminophen and common drugs can be lethal to pets.

Stoves, Heaters, Irons: Watch out for hot appliances, especially elements on the stove. Pets may jump up! If you have a fireplace, use a screen.

Antifreeze: Pets are attracted to the odour and sweet taste of antifreeze, but it's very toxic. Keep it up high and tightly sealed, and make sure to wipe up any spills on the floor.

What to Feed Your Kitten

Good feeding habits should begin as soon as you bring your kitten home! Obesity in pets is very common today, and bad habits begin early on. Investing in a high-quality kitten food and feeding properly will help ensure that your cat leads a long and healthy life.



Choose a Diet Carefully

When choosing food, look for the certification that it has been tested by AAFCO. Beware of fad diets such as grain-free or organic, as these are often scientifically unproven, as well as diets that say appropriate for all life stages. Your cat's needs change as they age! If you change foods, remember to do so slowly, over a week or so, by mixing old and new to avoid digestive upset.

Free-Choice vs Meal Feeding

Free-choice feeding tends to lead to obesity, so it's best not to keep a bowl full all day. Measure out portions each morning and serve it in several small meals, keeping the daily quantity the same. If your cat has a tendency to put on weight there are a number of weight control food options available.

Can I Feed my Cat Human Food?

Many people choose to avoid this habit, however the reality is some of us like to give a little special extra here and there. Lean meat is best. Remember, these are extra calories for your cat, so their daily meals should be adjusted accordingly. Do not feed your cat raw meat, as it can carry bacteria such as salmonella, causing illness.

Healthy Treats

There are lots of treats marketed for pets, however many of these are actually high calorie junk food. If you want to use treats, we can recommend a number of healthy options kittens love!

1. Cats have their preferences too!

Studies show a clumping, sand-like litter to be their favourite, followed by clay, newspaper or others. The scent in the litter may or may not affect your cat's opinion of it. You can try a test with several pans to see which one your cat gravitates to. You might even have to use something like pieces of carpet if that is their preference.

2. Make sure they have enough space!

Your litter pan should be 1.5 times the length of your cat. They like to be able to move around and dig in 3-5 cm of litter. Most cats have been shown to prefer no lid on the box - they do not like to feel enclosed or trapped, and the fumes get pretty bad in there.

3. Some cats prefer their privacy!

There should be one pan per cat plus one, in different areas of the home. Pans should be in out-of-the way, quiet, well-lit areas that are not cornered in or near loud things like furnaces or washer/dryers.

4. Clean it frequently!

Clumping litters must be replaced once a month, and scooped 1-2 times per day. Other litters may need to be replaced on a more frequent basis.

Remember, if your cat does start to eliminate in inappropriate places, it is important to have them checked by a veterinarian to make sure that there are no underlying medical issues. Let us know if you have any questions!

Litter Tips for Kittens and Cats

House soiling can be a frustrating problem for cat owners. It often occurs for medical reasons, such as urinary crystals or arthritis, however cats also have their preferences when it comes to the bathroom. Follow these tips to ensure kitty feels comfortable in their litter box!



Spaying and Neutering

Spaying and neutering is an important health decision for your pet. It is generally done at 6 months of age (though this is not appropriate for every pet) and is a day surgery, meaning that your pet may return home with you the same evening.

If you do not intend to breed your pet, spaying or neutering is an important health decision for many reasons. Not only will you be doing your part to reduce the unwanted pet population (millions of which are euthanized each year), you also will help ensure that your pet stays healthy and is an enjoyable house companion.

Recent evidence has shown that the traditional spay/neuter time of 6 months of age may not be appropriate for every pet. We will assess your pet's situation individually and make you aware of the options for timing.

Benefits of Spaying/Neutering

In Females:

- ◆ Prevents signs of oestrus (heat cycle)
- ◆ Decreases chance of breast cancer
- ◆ Eliminates chance of cystic ovaries
- ◆ Eliminates chance of uterine infection
- ◆ Eliminates unwanted pregnancy

In Males:

- ◆ Decreases odour of urine
- ◆ Decreases incidence of prostate disease
- ◆ Helps prevent marking
- ◆ Eliminates testicular cancer
- ◆ Decreases desire to roam and fight

For more information, give us a call at 613 228 7008 or visit fisherglen.ca



In the US between 3 to 6 million people a year are infected with roundworms; in some areas as much as a quarter of the population! The larvae of these parasites can travel through the body and cause serious illness, including blindness. Children, the elderly, and people who are immunosuppressed are particularly at risk. That's why it's vital to make timely deworming a priority!

Virtually all kittens have intestinal parasites that were passed to them via their mother's milk or the placenta. Even if they are dewormed they can be reinfected from the environment, and more importantly, they often harbour larval forms of the parasites that can still develop into worms.

Regular deworming is the safest way to protect yourself, your family, and your pet. Kittens should be dewormed once every two weeks for three treatments, then monthly until 6 months of age. An oral medication can be picked up at the clinic and administered to adults four times per year, and a fecal test should be done at least once per year, including indoor cats. Ask us about a treatment plan that's right for you!

Remember, this is an important human health issue. We can decrease human infections by keeping our pets free of parasites, too. For more information visit www.fisherglen.ca

Parasites: A Human Health Concern

Not only are parasites harmful to pets, many of them can cause severe infection in humans as well. That's why it's vital to routinely deworm our pets; not just for their own health, but the wellbeing of our families too.





Dental Disease in Pets: Assessment and Prevention

Why is Dental Care Important?

Pets get the same types of dental disease we do! Approximately 90% of dogs and 70% of cats over 5 are affected. With your own teeth, the dentist has a small but critical role in your oral hygiene, but you still have to do all the daily brushing and flossing required to slow the progression of periodontal disease. It's the same with your pet - your cat's dental hygiene is primarily in your hands! Dental disease is painful for pets, so we need to ensure we're taking proper preventive care.

What is Periodontal Disease?

Periodontal disease is the result of bacterial infection. As it progresses, the structures supporting the teeth are weakened, leading to painful, loose and lost teeth. The infection also showers bacteria into the blood to areas like the heart, joints and kidneys, which can cause or exacerbate disease.

Does my Pet Have Dental Disease?

With dental disease, you are likely to notice a foul smell from the mouth, brown tartar on the teeth, and red gums. The smell is a sign that all is not well,

and the tartar is dental plaque that has become mineralized. Plaque is the enemy! It's essentially like a slime blanket of food, saliva, bacteria and other germs that coat the teeth, filling the area between the tooth and gum.

What Can I Do About it?

Have your veterinarian perform regular oral health examinations, and follow a home-care program. (See our section on dental home care.)

Dental Assessments

If the gums are diseased, or there are broken or infected teeth, it is critical to have the teeth x-rayed, assessed and cleaned before you try home care, because your pet's mouth may be too sore for brushing, and you can damage the inflamed tissues. Only an x-ray can tell us what lies below the gum line, and disease can exist even if the teeth appear normal.

Although it would be nice if kitty would sit still and hold her mouth open for a cleaning, the reality is the only way to properly assess your pet's mouth is under general anaesthetic.

Getting Started With Dental Home Care

Dental care is an important part of your cat's health - and it's best to start young! By brushing once or twice weekly now, you can get your kitten used to the dental home care process early, before their permanent teeth erupt.



1. Start as soon as possible.

Eight to twelve weeks old is great. By brushing once or twice weekly you help get them used to the idea early so that they are familiar with the process by the time their permanent teeth erupt. Once they are adult you need to be brushing at least four times weekly to have an effect. (You may want to stop while they are losing their baby teeth because their mouth may be a little tender.)

2. Make it Fun!

When it comes to dental home care, make it fun! Use lots of love, praise and treats. Keep sessions short at first and, if possible, at the same time everyday, to set up a routine. If your pet is food motivated you can brush before a meal so that the meal is the reward.

Start by handling the muzzle and lips, then rubbing teeth and gums. You can put a bit of beef broth for dogs or tuna juice for cats in their mouth as a treat.

Next, use a gauze, washcloth or piece of pantyhose flavoured and wrapped around your finger. Begin gently rubbing the teeth and gums.

Finally, try a soft toothbrush or proxy brush with your broth or juice. Hold the brush at a 45 degree angle to the tooth and brush back and forth from the gum to the tip. Brushing the tongue side is less critical. (cont)

(cont) You can then add a veterinary toothpaste or gel (human pastes cause stomach upset) but remember, it's the mechanical action of brushing that removes most of the plaque, which is the culprit in dental disease.

You will not be successful in removing the mineralized plaque, (called tartar or calculus) from the teeth by brushing, but that's okay. Your veterinarian has the tools to do this part!

3. Use Abrasive Food and Toys

There are several excellent dental kibble diets available that "brush" the teeth to remove plaque as your cat chews. Some also help prevent gingivitis and can make a huge difference in your cat's oral health! Ask us today if you'd like us to recommend a dental diet.

4. Keep at It!

By following a consistent home-care program you will greatly improve your pet's overall dental health (as well as their doggy or kitty breath). It can also potentially be a pleasant bonding experience for you both.

Ultimately though, it will mean fewer professional cleanings and a happier, more pain-free pet. Good oral hygiene has been shown to extend your pet's life by up to two years! But remember, these practices are no substitute for the professional assessments and cleaning at your veterinarian, the same as your trips to the dentist.

Getting Started With Dental Home Care (cont)

By the time your kitten is an adult you want to be brushing their teeth at least four times a week in order to have an effect in the prevention of dental disease. Be patient, keep at it and don't hesitate to ask if you have any questions!





Elective Surgery at Fisher Glen Animal Hospital

If your pet is about to have an elective surgery at our hospital, it's important to know that there are risks to any surgery, including death, no matter how healthy your pet is. An extremely small percentage of animals may have a negative anaesthetic reaction, the same as some humans do. But there are ways to decrease the risk, and we feel these are important precautions.

Preanaesthetic Bloodwork

Preanaesthetic bloodwork allows us to assess your pet's overall health, particularly the function of vital organs such as the kidneys and liver. In a very young animal the primary purpose is to check for any congenital abnormalities, whereas in older animals we are looking for signs of illness or slowdown of organ function. Any abnormalities can affect the way that your pet handles the anaesthetic, and so can influence our choice of anaesthetic.

Intravenous Fluids

When your animal is anaesthetized, their blood pressure generally drops a bit. Intravenous fluids keep up the

blood pressure, and help to protect the kidneys during surgery. It also allows the surgical team to have direct access to the bloodstream should emergency drugs be needed. Animals that are on IV while under anaesthetic are able to "flush" the anaesthetic drugs out of their system faster and typically have safer and quicker recoveries.

Hip X-rays

X-rays are recommended as a screening tool for larger breed dogs or breeds prone to hip dysplasia or other hip problems. X-rays are performed under sedation, making it easier to properly position your pet to aide the doctor in giving an accurate diagnosis.

Dental X-rays

Dental x-rays are recommended at the time of spay or neuter if there are any abnormalities or missing teeth.

Whenever your pet is having an elective surgery, consider microchipping them for identification purposes. It provides you with more peace of mind should your pet ever get lost.

Environmental Enrichment for Indoor Cats

It is critical for your indoor cat's health and wellbeing that they live in a cat-friendly and stimulating environment. What environmental enrichment means is ensuring your cat has plenty of space where they can go to feel safe, as well

as providing them with enrichment items such as toys, scratching posts and interesting areas where they can climb, take a nap, or just watch the world go by. Follow these guidelines to learn more about environmental enrichment!

A Cat-Friendly Environment

Right away, make sure your cat has lots of safe hiding areas. This allows kitty a place to retreat to when they need some privacy. Tall-sided or igloo cat beds and cardboard boxes are great options! Cats also love elevated perches or cat trees so they can observe, feel safe, and feel superior as they look down on the rest of us. They love to look out windows!

Your cat also needs to act out his normal scratching behaviour, so be sure to include areas in your home where he can sharpen his nails and stretch his muscles.

Place your cat's litter boxes in an easily accessible area, without any challenges or potential threats. You should have one box per cat plus one, in different locations around the house. Place food and water in a separate area where they can eat and drink without stress.

As a general rule, the more cats you have the more perches, hiding (cont)



Environmental Enrichment for Indoor Cats (cont)

Play which satisfies a cat's natural hunting instincts by mimicking prey can be very satisfying for kitties. Try a toy mouse or feather wand!



(cont) and eating/drinking areas you will need so that each cat can feel independent and comfortable in their own home domain!

Cat-Friendly Interactive Play

Be sure to have a wide variety of toys and items around. Toys which move erratically, mimicking the actions of prey cats naturally hunt (such as mice) are very exciting for your kitty! Toy mice and feather wands are both great options. You can also create do-it-yourself cat toys made out of common household items (i.e. paper towel rolls, boxes, socks, cardboard, crumpled paper, water bottles, etc.).

Rotate your cat's toys on a routine basis. Some cats become bored with a toy after a few days, some a few weeks, and still others prefer only one toy.

Allow your cat to capture the 'prey' at the end of their hunt/play session. This

makes play more fun by satisfying their natural hunting instincts, and prevents your cat from becoming frustrated.

If you use a laser, hide a treat or piece of kibble. Then at the end, let your cat capture the laser where the treat is hidden. This way he feels like he captured his prey and is rewarded.

Know that when your cat walks away from you, he is done playing. Do not force interaction. Instead let him initiate, choose, and control the type of human contact he desires. Each cat has their own preference regarding how much interaction they prefer.

Independent Play

It is important to have enrichment items available for your cat to play by himself when you are not home, as well. This can include cat trees, perches, or even a cozy window where he can keep an eye on outdoor activity.

A Few Dos and Don'ts

- ◆ **Do** introduce interactive play early in your cat's life, so he/she can learn early how to play with you!
- ◆ **Don't** use string-type products. String, yarn, and similar types of items are easily swallowed and can cause serious intestinal issues, often requiring surgery. Likewise, if the toys have small loose pieces such as buttons or googly eyes, put them away after playtime, as these can be dangerous for your cat.
- ◆ **Don't** use your hands or feet as toys during play. Although it may seem cute with kittens, as your kitten grows, he will believe this is an appropriate form of play. Scratching or biting can lead to painful injuries and infections.
- ◆ **Do** use food puzzles or food balls to mimic the action of hunting for prey, and provide a more natural eating behaviour. It can also help your cat eat more slowly, as he needs to work for the food.
- ◆ **Do** remember to play with your cats individually if you have more than one.
- ◆ **Do** teach those unfamiliar with cats (such as children) how to play appropriately with them. This will help prevent your cats from becoming frustrated or scared.
- ◆ **Do** reward your cat with treats to provide positive reinforcement.

Environmental Enrichment for Indoor Cats (cont)

Above all, the most important thing is to be aware of your cat's natural inclinations to ensure their environment always feels calm, safe, and full of enriching items and activities. Have fun and don't hesitate to let us know if you have any questions!





Getting Started With Grooming Your New Kitten

Grooming your cat will help keep their coat healthy, and can be an enjoyable bonding experience for both of you! Begin a grooming program as soon as you get your kitten, to get them used to the process early.

In general, cats are well-equipped to do most of their own grooming, and many short-haired cats require little or no brushing on a regular basis. Longer-haired breeds, such as Persians or Himalayans, may be higher maintenance on a daily basis. In general, cats do not need to be bathed unless the fur gets excessively soiled. Cats' ears do not need to be cleaned unless excessively waxy, but always monitor for odour, scratching, discharge, head shaking or obvious pain, which may indicate an infection that will be need to be treated by your vet.

If your cat requires regular brushing or is at all prone to matts, make sure

that you have a slicker brush and a dematt rake or comb, or alternatively a Furminator. We can help to show you how to use them!

Clipping your cat's nails on a regular basis (usually every 2-3 weeks) is an important part of grooming. Long nails can curl around and become embedded in the footpad, causing a nasty infection. Purchase a pair of good-quality nail trimmers and start trimming your kitten's sharp little nails early on. The key to nail trimming is not to cut the nail too far back into the pink part, known as the "quick," which will result in bleeding and discomfort. We will teach you how to do it properly on one of your first visits to the clinic. You may also bring your pet to Fisher Glen for free nail trims if this is easier for you.

If you have any questions at all, don't hesitate to contact us at 613 228 7008 or fisherglen@fisherglen.ca



Kitten Wellness Plans From Fisher Glen Animal Hospital

At Fisher Glen we believe that preventive medicine and timely checkups are the key to a long and healthy life. That's why we recommend pet insurance be considered by every owner, and it's also why we offer wellness plans designed to give your pet the best quality of care at the most affordable price.

A Note on Pet Insurance

Injury and illness in pets can lead to medical bills in the thousands of dollars, since much of the treatment parallels that which is available in human medicine. It is heart-wrenching to have to make a decision based on finances. This is where insurance comes in. Pet insurance is available from a number of different companies. We will be happy to discuss the options with you.

Wellness Plans from Fisher Glen

When you sign up for one of our kitten wellness plans, we will provide all the routine care needed for one year. In addition to a discount on veterinary services, you also get peace of mind knowing you can bring your pet in for 1 free extra exam at any time, plus a discount on all pet foods.

Kitten Wellness Plans

What's Included:

- ◆ 8 Week Kitten Visit, including week 8 core vaccinations, fecal analysis, deworming, and kitten kit with technician
- ◆ 12 Week Kitten Visit, including exam & week 12 vaccinations
- ◆ 16 Week Kitten Visit, including exam & week 16 vaccinations
- ◆ Spaying or Neutering, including all preanesthetic bloodwork and surgical IV fluids
- ◆ Monthly Deworming Treatments for the First 6 Months
- ◆ 30 Day Trial of Pet Insurance with Trupanion
- ◆ 5% Discount on All Food Purchases
- ◆ Microchip Implantation
- ◆ 1 Free Extra Exam at Any Time

If you have any questions, email us at fisherglen@fisherglen.ca or call us at 613 228 7008. We would be happy to answer them for you. You can also learn more about our wellness plans and much more at www.fisherglen.ca

Signs of Illness In Your Pet

Knowing the signs and symptoms of illness in our pets is vital to ensuring they have a long, happy and pain-free life. If your pet is acting strangely or exhibiting any of the following symptoms, don't hesitate to contact us right away!



A Note About Preventive Care

Here at Fisher Glen Animal Hospital we believe that preventive health care is very important for your pet, especially because unfortunately they can't tell us what's wrong. Sadly, many dogs and cats are also very good at hiding illness until they are quite unwell.

That's why the best approach to pet health includes timely checkups and evaluations of your pet's health risk factors. Consequently, we can detect diseases early and intervene before they have been allowed to progress. Remember, it is always easier to successfully treat a disease if we catch it in its early stages!

With that said, it is vital to know and understand the signs of illness/disease in your pet so that you can get them checked up as soon as possible.

The Signs of Illness in Pets

What to Watch Out For:

- ◆ Blood in the stool or urine
- ◆ Not eating or drinking (this is especially important in cats)
- ◆ Drinking more than usual
- ◆ More frequent urination
- ◆ Bleeding from the mouth or rectum
- ◆ Vomiting or diarrhea
- ◆ Pale or bluish gums
- ◆ Difficulty breathing
- ◆ Seizures or episodes of unexplained collapse
- ◆ Difficulty exercising
- ◆ Abdominal swelling
- ◆ Hiding (especially in cats)

If your pet experiences any of these symptoms, contact us right away at 613 228 7008 or fisherglen@fisherglen.ca