

CALCIUM BALANCE & BLADDER HEALTH CHECKLIST

Almost one in three adult guinea pigs and rabbits experience bladder stones or sludge that cause silent, chronic pain. These problems are often preventable through correct diet, hydration, and daily care. The goal is not just to avoid stones but to keep the urinary tract healthy for life.

1- Daily Diet for Healthy Calcium Balance

- Feed grass hay (timothy, meadow, or orchard) as the main diet source.
- Avoid alfalfa hay for adults, it contains much higher calcium.
- Offer a mix of leafy greens with moderate calcium: romaine, coriander, bell pepper, cucumber, fennel leaves.
- Limit high-calcium foods such as parsley, kale, spinach, and dandelion to small, occasional portions.
- Choose plain pellets with no added calcium or seeds.

2- Hydration Habits That Protect the Bladder

- Fresh, clean water must always be available, ideally in both a bottle and a bowl.
- Encourage drinking by offering wet vegetables and occasional water-flavored with cucumber slices.
- Wash water containers daily to prevent bacterial buildup.
- Monitor intake: healthy small mammals should produce frequent, pale urine.

3- Enclosure Hygiene and Daily Observation

- Replace wet bedding daily, especially under hideouts or litter trays.
- Use dust-free paper or hay-based bedding, never wood shavings that irritate the urinary tract.
- Observe urine color each day, it should dry pale yellow to light brown.
- Any red, thick, or gritty residue means a vet visit is needed.

4- Exercise and Weight Control

- Encourage free-roaming or safe playpen time as much as possible.
- Provide tunnels, boxes, and toys that motivate movement.
- Maintain a healthy weight with portion control.
- Avoid boredom that leads to overeating and reduced activity.

5- Early Warning Signs to Never Ignore

- Squeaking or shifting posture while urinating
- Wet fur or skin around the rear end
- Blood spots on bedding
- Straining or passing only small amounts of urine
- Gradual weight loss or decreased appetite

Once stones form, they rarely resolve without surgery, but prevention is completely achievable with the right plan. A tailored nutrition and hydration review for your pet can prevent months of pain and costly procedures.
book your personalized husbandry review today through this link :
https://calendly.com/contact-exoaquavet/45min