

Kidney Care Checklist

For cats with chronic kidney disease (CKD). Stick it on the fridge, track the changes, and bring page 2 to every vet visit.

What to check at home

Check	How often	How to do it	Tell your vet if...
Water	Daily	Fill the bowl with a measured amount each morning and measure what is left 24 hours later. Cats on wet food drink less, so compare your cat with its own normal.	It keeps rising week to week, or suddenly drops. More than 100 mL per kg (1.5 fl oz per lb) a day is too much.
Appetite	Every meal	Note how much of each meal is eaten: all, most, half or little.	Eating less for 2 days in a row. Nothing at all for 24 hours: call today.
Weight	Weekly	Same scale, same time of day. A baby or pet scale is best. On a bathroom scale, weigh yourself holding your cat, then subtract your own weight.	Loses more than 5%, e.g. 0.2 kg (0.4 lb) in a 4 kg (9 lb) cat, or keeps drifting down.
Litter tray	Daily	Count the urine clumps and notice their size. Check the stools.	Bigger or more clumps. Hard, dry stools or straining (constipation is common in kidney cats).
Vomiting, energy, coat	Daily	Any vomiting? Is your cat grooming, playing and coming to you as usual?	Vomiting more often than usual. Quieter, hiding more, or a dull, scruffy coat.

Call your vet today if your cat:

- hasn't eaten anything for 24 hours
- stops drinking, or hasn't passed urine in 24 hours
- suddenly seems blind or has large pupils (high blood pressure can do this)
- vomits more than once in a day, or can't keep water down
- is very weak, wobbly, or hiding and won't come out
- has a seizure

A good day looks like

Eating

Grooming

Resting comfortably

Showing interest in you

On page 2, mark each day that has all four. If good days are getting fewer, talk to your vet. There is often more that can be done to help your cat feel well, and it is always worth asking.

Weekly Kidney Tracker

Print one page per week. Fill it in each evening. It takes about a minute and gives your vet real information.

Cat's name _____ Week starting _____ Weight this week _____ kg / lb

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Water drunk mL or fl oz							
Appetite all · most · half · little							
Urine clumps number, bigger?							
Stools normal · hard · none							
Vomiting how many times							
Energy good · OK · low							
Good day? all four = yes							

Notes (medications given, anything unusual):

Vet visit record

Ask your vet for these results at each recheck (usually every 3 to 6 months) and write them in. Seeing them side by side shows how your cat is really doing.

Date	Creatinine	SDMA	Phosphorus	Urine SG	UPC (protein)	Blood pressure	IRIS stage	Weight

Questions for my vet
