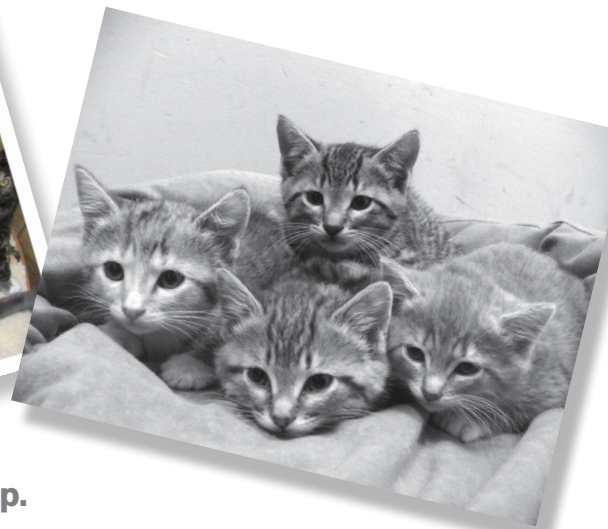




molly's place rescue



## **litter box solutions & a happy household cat**

No matter how much you love your cat, if it is not using the litter box, you and your cat have a problem. Non-use of the litter box is the number one reason cats are abused, abandoned, and put in shelters. If you have a new kitten or a problem cat, please follow this five step program to coax your problem cat back to its box or to teach your kitten good litter box habits.

If the problem persists, take your cat to a veterinarian. There may be a medical problem. Don't punish your cat! Although you may regard your cat or kitten's inappropriate house soiling as spiteful, a cat with litter box problems is either following its natural instincts or having a medical problem. Harsh treatment only contributes to a cat's stress, and may worsen the problem. Reward your cat with treat immediately when it does use the litter box. Re-train and guide your cat with patience using the following five step program.

### **five steps to a happy cat household**

#### **1. replace current litter with "cat attract" litter.**

Unfortunately, cats don't purchase their own litter. If they could, they would buy a litter that has an outdoor, natural scent, like your freshly turned garden.

Cat Attract is the answer. It has a unique herbal scent that attracts their curiosity and the right texture for their paws. Although you may not be aware of Cat Attract's scent, your cat will be.

#### **2. freshen up.**

You don't like a dirty bathroom, and neither does your cat. Your cat's sense of smell is 1000 times better than yours, so clean the litter box thoroughly and refill it with Cat Attract litter. Remove feces and urine clumps daily; if your cat does not respond to a clean litter box, you may need to replace it. Some old boxes become scratched and permeated with a scent your cat may find offensive. Replace it and set up a second litter box in a different area. Having one more litter box than you have cats is a good idea, just be sure the boxes are not next to each other.

#### **3. destroy the evidence!**

Once a cat has marked an area with urine or feces, a problem cat naturally regards it as an appropriate area for relieving itself.

Do all that you can to eliminate any trace of odor from the "trouble spot." Clean it thoroughly with a urine removal product. (See section on "how to clean up cat urine".) Avoid ammonia-based cleaners, which actually contribute to the problem because of their urine like scent. Try to keep your cat away from the trouble spot by covering the area with a plastic carpet runner place spike side up, self-sticking shelf paper placed sticky side up, or aluminum foil. A lemon-scented air freshener will also help in both repelling the cat and neutralizing the odor.

If your cat still can't resist the area, try placing its food there; cats are unlikely to urinate or defecate where they eat. Use your cat's own fragrance to your advantage: rub a cloth between your cat's eye and ear to pick up its scent, then rub the cloth over the problem area. You can also use Feliway. This feline

behavior modification spray mimics a cat's natural facial pheromone...it's a comforting, reassuring feeling that reduces the impulse to urine mark or scratch. Recognizing this friendly scent on walls, curtains, or furniture, a cat is usually reluctant to mark the area again. Do this two to three times a day to most effective. Cat Attract and Feliway make a great combination.

#### **4. consider a litter box makeover**

Hooded litter boxes are designed for owners, not cats. Try removing the hoods and rethink the location of the boxes. They should be in quiet, out-of-the-way places with convenient access for your cats, but no access for the family dog. (Some dogs will stand around a litter box and make the cat nervous.) Keep the boxes away from bright lights, loud noises, and vibrations from washing machines or furnaces. Have a box in an area that will not be bothered by toddlers or aggressive cats. If possible, try placing one box in the center of the room where your cat will not feel trapped or cornered. Set up one more box than the number of cats in your household to cut down on traffic and mess. If your house has several floors, have a box on each level. If your cat likes to scratch the surface surrounding her litter box, she may find a cold cement floor unappealing. Finally, do not put a litter box near the cat's food dishes—this is not more appealing for a kitty than it would be for you!

#### **5. treat your cat to some R&R**

Stress is a leading cause of litter box problems. Fortunately, there is a lot you can do to ease your cat's worried mind. Territorial by nature, cats need to feel secure in their environment in order to relax. In multiple cat households, make sure each cat has a separate "zone" with its own food, water, litter box, scratching post, toys and elevated perch for relaxing on. Heated beds and carpeted cat condos make excellent retreats for stressed cats; place them with an outside view. Play with your cat for at least 15 minutes every day, make sure there are plenty of toys to stalk and chase and that toys are rotated to keep them interesting. Hide treats and pieces of food for your cat to hunt and eat. Leave the radio or TV on while you are away to reduce boredom. Cats

and kittens are not small dogs, so the idea of "litter training" cats the same way you housebreak a dog doesn't work.

### **getting kittens started with kitten attract**

Kittens will naturally seek a place to dig but you can help them be consistent. The first thing to do with kittens is to provide accessible litter boxes. Kittens don't have the "control" of mature cats and need to have litter boxes nearby to avoid traveling too far. After feeding time, it is a good idea to place your kitten into a litter box. Kittens have a natural elimination reflex after eating. By putting them in a litter box, they associate the box with the reflex. Once you've placed your kitten in the litter box it is not recommended to move their paws back forth in the litter.

You should also create easy access for kittens by placing a step up until they are large enough to be able to get in the box easily by themselves. The right litter is essential for kittens. Kitten Attract Training Litter is made of premium scoopable litter with superior clumping ability and ground to an ideal granule size and texture for a kitten's tender paws. Kitten Attract litter contains a kitten specific natural herb attractant that piques a kitten's curiosity to use the litter box. The combination of herbs, texture and particle size provides a unique and effective solution for owners of kittens. Avoid using perfumed or cedar-based litters with your new kittens, as many kittens find them aversive.

### **understand the problem cat**

A problem cat is one who chooses not to use its litter box. There are three likely causes; medical ailments, territorial marking, or behavioral issues. Knowing which category your cat fits in is only a first step toward solving the problem. Cats are creatures of habit, and will repeatedly soil the same spot.

In other words, a litter box problem that began with a urinary tract infection may continue due to a habit long after the infection has been cured. Whatever the cause, it is important to treat problem cats with both behavior modification and stress reduction techniques.

## medical concerns

Only one sixth of cats with urinary problems go outside the litter box. However, blood in the urine, increased frequency of urination, small hard stools, and loose movements are signs of medical trouble that could lead to litter box problems. See your veterinarian to help evaluate cat's health, and recommend treatment if there is a medical problem.

## territorial marking

Spraying, or marking territory with urine, is a natural behavior for both male and female cats. It is a form of communication, and should not be confused with ordinary urination outside of the litter box. Spraying usually involves just a small amount of urine and occurs on walls, furniture, the floor, or, occasionally, the owner's clothes or bedding. A cat will sniff the area prior to marking and will leave just a small amount of urine. It will not turn around to sniff and paw at the area, as in the case of urination. It will just walk away after marking. A trail on the floor means the cat was standing to spray and not squatting to urinate.

You can help diminish your cat's need to spray by creating "friendly zones" by using your cat's own pheromones or Feliway, a synthetic feline pheromone available in many stores. To use your cat's pheromones, rub a soft cloth between your cat's eye and ear. Wipe the cloth on the soiled area repeatedly over several weeks. This tells your cat this is a "friendly zone" and diminishes its need to mark the area. Follow the product's directions, spraying it on the soiled area several times for a month. Also, use it on high-risk areas like the edge of a sofa or on walls. Place scratching posts in areas that are marked so the cat will mark with the scent off its pads and not with urine. Try to keep stray cats away from your house. (Try feeding stray cats a distance from the house.)

Cats may also mark their territory with feces. Signs of this type of territorial marking include defecation in a very conspicuous and unusual spot, such as on top of a table.

Your veterinarian can also help you by prescribing various drugs to reduce marking. You may want your cat to have a complete physical examination to rule out any other problems.

## behavioral problems

This category includes everything from box rejection (a cat who does not care for your choice of litter) and location preference (the cat who uses an out of the way closet instead of its box) to stress-induced soiling (often related to changes or upheaval in the household). Since all litter box problems are in some sense behavioral, these techniques make a good starting point for solving any problem. Be attentive, flexible, and above all, patient. With your help, your cat can, and will, learn to "think inside the box."

## special concerns

### the real tough case

For a cat that consistently soils in the same spot, try placing a litter box with Cat Attract in the "trouble spot" for a period of 10 to 14 days. After this initial phase, move the box an inch or two each day toward the place where you would like it to be. This method takes a lot of time and patience, but it may be the answer.

Alternatively, confine your cat for at least one month to a room that has not been soiled in the past. Provide a litter box filled with Cat Attract along with food, water, scratching post, toys and elevated hideaway. After a month, the cat should be consistently using its litter box and you can expand its territory to include two rooms, then three, and so on. Over time, most cats respond to this treatment, and can eventually be trusted to roam the house. Some, however, require a more rigorous treatment: Confine the cat to a large dog cage/crate that is elevated off the floor on a table or bench. Cover the entire floor of the crate with litter. Create a small bed and a spot for water and food at one end. This will force your cat to use the litter. Over time, reduce the amount of litter in the crate, so that the litter only covers a portion of the floor. Once the cat is consistently using only the litter-covered area in the crate, bring it out into the room and proceed with the one-room confinement treatment outlined above.

Whichever treatment you choose, you are most likely to succeed using Cat Attract litter. Cat Attract will help your cat overcome resistance to other litters that may discourage use.

## senior cats

Senior cats may need special help getting in and out of the box. Create a ramp to make it easier for them. For these cats, set up extra boxes on every level of your house.

Precious Cat Senior litter addresses the medical and urinary tract problems that this specific group of cats experience with a solution to help prevent kidney failure and urinary infections that can cause non-use of the litter box.

Only one-sixth of cats with urinary tract problems do not use their litter box. It is not always obvious, especially in a household with more than one cat, if there is an increase in drinking and urination, which are signs or urinary problems. In fact, it can be very difficult to diagnose if a cat has kidney infection or just a lower urinary tract infection. Low grade kidney infections may be a major factor in the cause of kidney failure, but often go undetected, even with urinalysis, x-ray and ultrasound. Recently it has been found that cats that have recurrent urinary tract infections do not have new infections but a relapse of an old infection. In other words, these cats did not overcome the infections the first time. As a result, cats with lower urinary tract infections should be on antibiotics for at least 3 weeks, and 4-6 weeks if a kidney infection is suspected.

Precious Cat Senior litter keeps cat's genital area clean to help prevent the bacterial growth that causes urinary infections. Precious Cat Senior litter absorbs urine on contact and traps it inside the crystal to prevent bacterial growth, thus helping to prevent urinary tract infections. Its small particle size and dust fines also coat and dehydrate cat feces to reduce odor and prevent bacterial growth of E-Coli. E-Coli bacteria grow on feces and along with reduced natural body defenses can lead to kidney failure, urinary and uterine infections. The small particle size of Precious Cat Senior litter allows you to scoop smaller pieces of feces from the box. Small particles of contaminated litter can become stuck on the cat's genital area and these particles may not be visible to the naked eye. Senior cats have more difficulty positioning themselves in the box, especially in deep litter, which is typically 3-4 inches. The fine silica gel can be kept shallow, about 1 inch, in the litter box thus preventing a cat from getting litter and feces

on their genital areas and soiling themselves. A hygiene clip is recommended to keep the genital area clean and free of hair and feces. It is also recommended to put a rug around the litter box to catch any litter your cat may track from the box.

Urinary infections are one of the causes of kidney failure in cats. In cats with kidney failure 33 percent of them either have a urinary cat infection or will have a urinary tract infection within the next 6-12 months. Kidney failure is the number one cause of death in senior cats. In the last decade the number of senior cats with kidney failure has increased over three times. Senior cats are 45 times more likely than younger cats to have urinary tract infections as a result of not being able to keep their genital area clean and having more diluted urine. Senior cats have a number of conditions that lower their natural resistance to urinary infections. Kidney failure, diabetes and hyperthyroidism all lead to more dilute urine, which results in more bacterial growth. They have reduced saliva production, more dental disease and arthritis. These conditions prevent effective grooming and can cause an increase of bacteria leading to urinary infections. Regular teeth cleaning for your cat, at your veterinarian, prevents oral pain which leads to poor grooming habits. Senior cats should be seen by their veterinarian every six months for a complete check-up.

## long haired cats

Long haired cats have special litter box needs. Litter can adhere to the long haired cat's coat. Precious Cat Long Haired litter will not adhere to a cat's long fur and it will not color the coat. Long Haired litter absorbs urine on contact and traps it inside the crystals to prevent bacteria growth.

## bringing an outdoor cat indoors

A cat that is used to prowling outdoors may need help adjusting to life inside. Try mixing a few spoonfuls of dirt from its "favorite place" in with Cat Attract. Your cat will be attracted to the box by the familiar scent. Here again, the use of Feliway will help create a sense of familiarity for your cat and reduce stress. When bringing an outdoor cat indoors, make outside doors less appealing by spraying them with citrus scent.



## welcoming a new cat

The addition of a new cat may cause feline stress and litter box problems. Make introductions slowly, confining the new cat to its own room for a couple of weeks. Use Feliway in both rooms to create a calming effect for both cats. Sniffing and swatting under the door will acquaint the cats. When they finally meet fact to fact, you should expect tension or conflict for a couple of weeks before they settle down.

To speed the process, try wiping each cat's fur with a separate towel daily. Then place each cat's food dish on top of the other cat's towel. They will associate each other's scent with the positive experience of being fed, and grow tolerant of each other quickly.

Make sure each cat has easy access to its own safe, elevated hideaway, and give each of them equal love and attention. Of course, remember if you have multiple cats, have one more litter box than you have cats in your household.

## moving to a new home

Cats can be traumatized during a move to a new environment. To prevent spraying and other stress-related litter box problems, help your cat feel more secure in its new home. Confine it to one room for a couple of weeks, so that it can acclimate to the new area without becoming overwhelmed. Equip the room with all of the comforts of home...a large litter box, which should be one a half times the length of the cat, a bed, food, water, toys, scratching post and an elevated hiding spot. Be sure to spend extra time every day playing with your cat during this difficult time. You might also "prep" the new home with Feliway adding friendly pheromones to the new environment. Feliway is excellent for calming cats in stressful situations such as moving in or transporting to a veterinarian. Cats should always be transported in the safety of a cat carrier to prevent the cat from becoming frightened and running away. Even the friendliest cats will become stressed out and frightened once taken out of their comfortable environment, so for their safety always transport them in a cat carrier.

## stress a factor

There are a number of disease conditions where stress is a contributing factor in susceptible cats. Feline interstitial cystitis is a painful lower urinary tract disease in cats. The symptoms can come and go. For example, your cat may have blood in its urine on days one, three and five, but not on days two, four and six. This may lead to a litter box aversion. Interstitial cystitis is the diagnosis in 65% of cats with blood in their urine, making it the most common lower urinary tract disease in cats. The treatment for interstitial cystitis is reduction of stress and feeding canned food. The canned food is placed in a dish next to the cats normal food letting the cat decide what food it prefers.

Other stress related diseases are urinary stones, obesity, tooth decay, type two diabetes, thickened heart muscle, inflammatory bowel disease, excessive self grooming and others.

If you don't think your cat is stressed consider this. Cats need twice the space that is provided in a normal size home. They live under the same roof with their natural predators, dogs, humans, and other cats. In nature, they communicate by marking their territory with urine, feces, facial and foot odors but we expect them to use litter boxes scratching posts. They hunt and eat 10 to 20 meals a day, an activity that take up much of their time and energy; we provide them with free choice dry food.

What to do: Treat your cat to some R&R (Please refer to the R& R section.)

## how to clean up cat urine

The key to success is to thoroughly clean the area, as soon as possible.

### carpet:

1. If the spot is still wet, blot the urine spot with an absorbent towel. Then cover the area with a towel or a pile of towels and stand on them to absorb the urine. You may have to do this several times.
2. When you have soaked up as much urine as you possibly can, use the carpet cleaner or a few drops of dish detergent mixed with water. Saturate the

area with this, and just let it sit on the area for an hour or two. You should blot rather than rub to preserve the natural carpet texture.

3. Rinse the area by gently blotting. Wet sponge with tap water and rinse the area again.
4. Soak the area with club soda for ten minutes.
5. Blot up the club soda and place fresh paper towels or a fresh towel over the area.
6. Weigh down the towels with something heavy, e.g. books furniture, etc., and leave overnight.
7. In the morning, spray the area with a urine removal product such as Dr. Elsey's Urine Removal Program; simply follow the directions on the label.
8. Never use ammonia or ammonia-based products on the carpet. The smell may attract the cat to that area and can encourage cats to urinate in the area.
9. Keep the cat away from the area.
10. If the smell is bad and the cat continues to use this area despite all the cleaning, replace the pad underneath and clean the area under the carpet.

### **linoleum:**

1. Wipe up the puddle with paper towels or a mop soaked in soapy water.
2. Clean area thoroughly and rinse with warm water. Wipe the area with a sponge damped with white vinegar.
3. Let the area air-dry.

### **hardwood & cement:**

1. Blot up as much liquid as you can, then use a urine removal product.
2. If the smell is strong and the floor is concrete you can apply bleach two weeks after the last application of urine removal product (such as Dr. Elsey's Urine Removal Program). If the floor has a hardwood surface, sand it down and refinish your hardwood floor.

### **laundry:**

1. Machine-wash your laundry using a cop of white vinegar and no detergent.
2. When the laundry cycle finishes, add detergent and wash regularly.

## **because you love your cat...**

1. Spay or Neuter your cat. Spaying and neutering minimizes a variety of behavioral problems for both male and female cats, and eliminates the risk of unwanted kittens. It is the right thing to do.
2. Take your cat to your veterinarian for regular shots and check-ups. Even a healthy adult cat should make a visit once a year. Kittens and older cats require more frequent check-ups.
3. Your veterinarian may recommend that you feed your house-soiling kitty canned food. Your cat will consume twice the amount of total water in a day eating canned food than when eating dry cat food and it may be beneficial for better urinary tract health. Make the switch slowly, starting with just a tablespoon morning and evening and then gradually increase the amount over a two-week period. This will give your kitty's digestive system time to adjust.
4. Protect your cat from household hazards.
  - Avoid allowing cats to play with string or yarn. Cats have tiny barbs on their tongues that make it difficult for them to spit out a piece of string. If swallowed, the string may cause intestinal problems.
  - Use caution with reclining chairs and garage doors; either of these can easily crush and kill a cat.
  - Keep the doors to the washing machine and dryer closed at all times to prevent your curious kitty from entering and becoming enclosed in these areas.
  - Discourage play with electrical cords.
  - Many houseplants, such as Easter lilies and Poinsettias, are toxic to cats. To keep your cat away, spray the plant with water, and sprinkle its leaves with powdered ginger.
  - Some household products, like Tylenol, Advil, and antifreeze, are harmful to cats. A lethal dose of antifreeze can come from a cat walking through a spill and licking its paws.