

TOP TIPS TO ENCOURAGE FLUID INTAKE IN CATS

Cats demonstrate clear individual drinking preferences so encouraging caregivers to experiment with some of the below ideas may support intake of water in cats

- **Consider water bowl type**
 - Material: glass, ceramic or stainless steel tend to be preferred; avoid plastic (*as this can taint water taste*)
 - Size and shape: generally, a wider, shallow bowl is preferred to prevent whiskers touching the edge; one study has shown a preference for a water bowl diameter <15cm
- **Consider drinking receptacle type**
 - Some cats may show preference for a glass or jug, rather than a bowl
- **Consider water bowl placement**
 - Place in all areas of the home a cat is in
 - Place on multiple levels o Ensure at least one water bowl per cat plus one extra in a multi-cat household
 - Mild elevations may make drinking more comfortable in older cats with osteoarthritis in their cervical spine or forelimbs
 - Avoid placement adjacent to the food bowl or litter tray
 - Avoid placement in any noisy or busy areas, or areas difficult to access
- **Consider type of water**
 - Experiment with tap water, rainwater and bottled water
 - Ensure water is fresh o Ensure the water bowl is full
- **Consider temperature of water o Water is generally preferred at room temperature**
- **Moving water sources**
 - Dripping tap
 - Water fountain
 - A ping pong ball in the water bowl for a cat to play with
- **Flavour water**
 - Add liquidised cooked prawns
 - Add spring water from tinned tuna
 - Add water used to poach chicken or fish (may be offered as a fluid source alone, added to the water bowl, or frozen in an ice cube tray and added to the water bowl)
- **Nutrient-enriched water – Purina Pro Plan Hydra Care**
 - Helps cats to consume on average 28% more liquid every day than water alone*



*References available on request