

## A dog or cat's poop can tell you a lot about their digestive health.

Whilst animals don't obsess like us humans, consistency is as telling with their stools as it is with ours. Whether they are straining to get their poos out, or having trouble keeping the poo in, it's essential to keep an eye out for any notable changes in their toilet habits.

This handy Poop Points scale can help you regularly check the general appearance of their poop, so you can keep track of their digestive health and spot the signs of an upset. Just keep checking against the scale from day to day, week to week...

### 1 Point



Hard, dry and crumbly appearance.  
Bullet-like (kickable).

### 2 Points



Dry, but well-formed appearance.  
(Leaves no mark when picked up).

### 3 Points



Well-formed, slightly moist, sticky surface.  
(Leaves no mark when picked up).

### 4 Points



Wet appearance, beginning to lose shape.  
(Leaves definite marks when picked up).

### 5 Points



Soft, shapeless appearance.  
Mushy, fluffy consistency.

### 6 Points



Watery appearance with no shape.  
Diarrhoea.

## Check your dog or cat's digestive health with our Poop Points.

### 1-2 Points?

A low or slightly low score on the scale means your dog or cat's digestive health may not be at its best. They may be constipated or just slightly dehydrated.

### 3-4 Points?

A middle score on the Poop Points scale means your dog or cat's digestive health is pretty normal.

### 5-6 Points?

A high or slightly high score on the scale means your dog or cat may have diarrhoea, which could be caused by an underlying digestive health issue.

**If you think your dog or cat may have a digestive health problem, or you see blood or parasites in their poop, contact your vet – even if only to put your mind at ease.**

# Spot the Signs...



**... your pet may have that could indicate digestive problems.**

**Check your Poop Points score...**

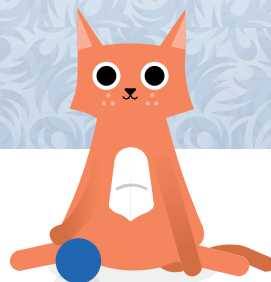
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Even in a usually happy household some things aren't always as they seem. And like us, cats and dogs have times when their digestive systems are playing up. In most instances your dog or cat's tummy troubles probably aren't serious, but it's important to respond even to little issues to relieve any discomfort and to act before symptoms escalate.

## Common 'tell tail' signs include:



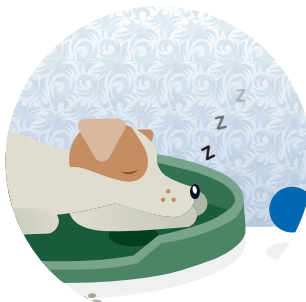
## Flatulence

Are they passing wind more frequently or has it worsened in smell? This could be a sign of a troubled tummy.



## Reduced appetite

The odd skipped meal isn't an issue, but if they are off their food for more than a day or two, or have sudden changes in appetite, your pet may be feeling a little poorly.



## Tiredness or lethargy

Are they reluctant to go on their walks? Tiredness and lethargy may be a sign that their energy levels aren't what they should be and may well be down to digestive disruption.



## Borborygmi

Also known as gurgling noises in their tummy, may be a sign of a digestive disturbance.

## Eating grass excessively

Both cats and dogs may regularly eat grass even when they're not necessarily unwell, but if grass munching has significantly increased; it may be a sign that they have a digestive problem.



## Excess drooling

Increased licking of lips or salivation could be another indicator of digestive upset.



**If any of these tell tail signs look familiar, it's time to consult with your vet about the first course of action.**



## Vomiting

Regularly being sick is an obvious indicator that all is not well. One off vomiting may not be unusual, but if vomiting becomes a more regular occurrence, something might be up.



## Abdominal pain

Any abdominal pain, that causes discomfort and cramping, could mean that our usually friendly pets may wince when being picked up or unable to find a comfortable position to settle. **If you think your pet may be bloated, you must seek urgent veterinary attention!**

## Did you know?

Introducing or stimulating friendly bacteria in your pet's gut is a safe and efficient way to normalise their digestive balance quickly. There are a number of probiotic or prebiotic products your vet can choose to prescribe depending on your pet's symptoms.

**Protexin Veterinary – The vital ingredient for a happy, healthy pet.**

