

# Is Your Cat in Pain?



Cats often have pain from arthritis, urinary problems and many other conditions. It can be challenging to tell if your pet hurts, because cats have a strong natural instinct to hide their pain. There are many options to treat pain in cats and give them a more comfortable life. Please use the checklist below to help your veterinarian determine if your cat is in pain.

**Your Name:** \_\_\_\_\_

**Pet Name:** \_\_\_\_\_

## Check all the things you have noticed in your cat:

- Reluctance to jump onto counters or furniture (does it less)
- Difficulty jumping up or down from counters or furniture (falls or seems clumsy)
- Difficulty or avoids going up or down stairs
- Less playful
- Restlessness or difficulty finding a comfortable position
- Vocalizing (purring, or hissing) when touched or moving
- Decreased appetite
- Less desire to interact with people or animals (hiding, resisting being pet, brushed, held, or picked up)
- Excessive licking, biting or scratching a body part
- Sleeping in an unusual position or unusual location
- Unusual aggression when approached or touched (biting, hissing, ears pinned back)
- Changes in eye expression (staring, enlarged pupils, vacant look, or squinting)
- Stopped using or has difficulty getting in or out of litter box
- Stopped grooming completely or certain areas
- Other Concerns: \_\_\_\_\_

Did you know that your veterinary care team is a member of the **International Veterinary Academy of Pain Management (IVAPM)**, which is an international organization committed to insuring that animals have a pain free life.



**IVAPM**  
International Veterinary Academy of Pain Management

Have questions  
about this  
information?  
Contact IVAPM at  
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To learn more  
about Animal Pain  
Management visit  
[IVAPM.org](http://IVAPM.org)