

**APPOINTMENT DETAILS**

**YOUR NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**YOUR PET'S NAME:** \_\_\_\_\_

**DATE OF JOINING CLINIC:** \_\_\_\_\_

**TARGET WEIGHT:** \_\_\_\_\_

**APPROXIMATE NUMBER OF WEEKS TO REACH TARGET WEIGHT:** \_\_\_\_\_

**DIET FOODS:** \_\_\_\_\_

**APPOINTMENT DATES & TIMES:**

1.	7.
2.	8.
3.	9.
4.	10.
5.	11.
6.	12.

We recommend weighing and a nurse's consultation every two weeks. However, if you are experiencing any difficulties with your pet's diet, please talk to us sooner.

Obesity is the commonest form of malnutrition seen in animals. It has many long-term implications and ultimately reduces your pet's quality of life and life expectancy. We aim to achieve a longer and happier life for your pet.



**CRANMORE VETERINARY SERVICES LTD**  
*CARING FOR ANIMALS SINCE 1873*

*Cranmore @ ChesterGates*

*Unit E, Telford Court*

*Chestergates Road*

*Chester*

*CH1 6LT*

*Upton Veterinary Surgery*

*86 Ford Road*

*Upton*

*Wirral*

*CH49 0TG*

**CRANMORE VETERINARY SERVICES**  
*Caring for animals since 1873*



*An essential part of your pet's total healthcare programme*

**Nurses' Clinics:  
 Weight Control**

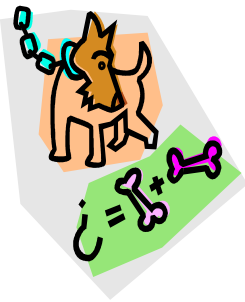


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*Cranmore Veterinary Services Ltd*

## Weight Management

Weight loss is far easier to achieve with a reduced calorie prescription diet than by simply reducing the amount of your pets' normal diet that is fed. To achieve weight loss, your pet's daily calorie intake needs to be markedly reduced. If this is done



simply by reducing the amount of normal food fed, the amount of essential vitamins and minerals are also reduced. Also, your pet

will remain hungry due to the reduction in food volume.

A prescription diet 1) contains adequate vitamins and minerals to maintain your pets health, and 2) is bulked out, so that the same volume of food may be fed. Often this is slow to burn and digest so your pet remains feeling 'full' for longer.

### Feeding your Pet

Your nurse will advise you how much to feed your pet in one day. It is up to you how to spread this out. We advise that you weigh your pets daily food allowance, and take **only** from this during the day. Fresh water should be available throughout the day. No other form of drink should be offered.

### Snacks and Treats

With many pets, it is the timing of the treat rather than what is actually given. If your pets is used to certain treats and rewards, take from your pet's daily food allowance, and use this.



### Changing Diets

Any dietary changes should be gradual. Mix your pet's new diet with the old, gradually weaning from one to the other over the course of a week. This helps to avoid 1) your pet refusing to eat a new food, and 2) stomach and bowel upsets due to dietary change.

### Poor Compliance

Very few pets will starve themselves for more than 48 hours. It is important that you persist. Try removing the food after it has been down for half an hour and offering again, or fresh, later on. Other ways of improving compliance involve extending the weaning period (but not indefinitely), warming the food to body temperature, and hand feeding. Discuss this with your nurse.



### Exercise

Exercise should be regular and consistent. Ideally, exercise should be encouraged and increased in a dieting animal. Ask your nurse for advice. Consider hydrotherapy, games in the house (especially for cats), and training classes.

