

# FEEDING TO SUPPORT IDEAL BODY CONDITION: NUTRITION AFTER SPAY OR NEUTER



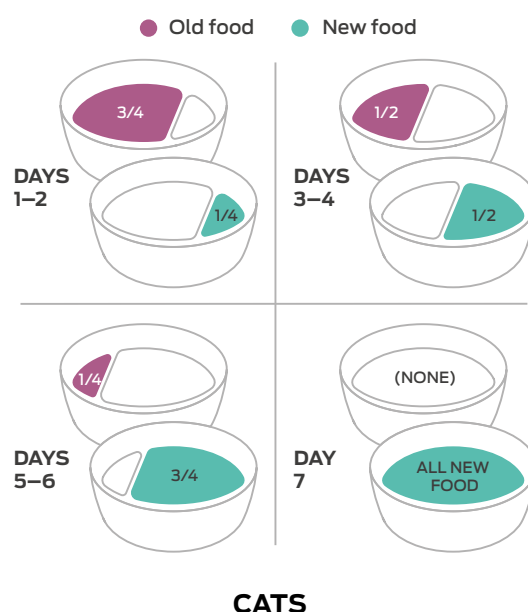
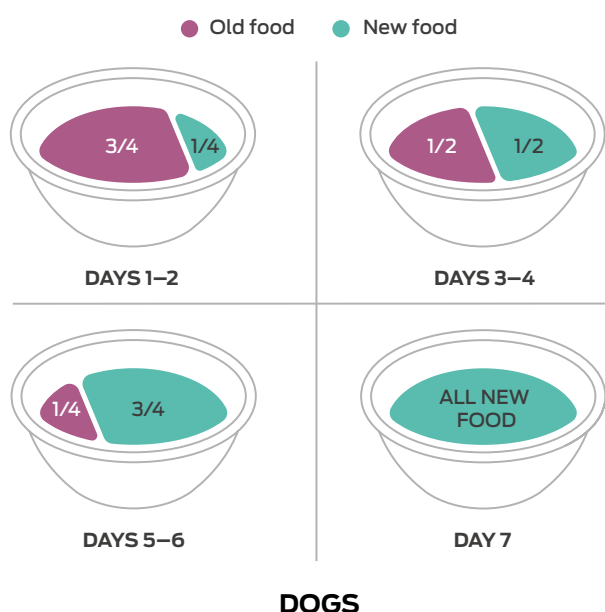
Your pet is at risk for excess weight gain after spaying or neutering for two reasons:

- Reduced levels of sex hormones lead to a reduction in activity and changes in physiology predisposing your pet to weight gain.
- Spaying or neutering often takes place at an age when growth rates are slowing and your pet needs fewer daily calories.

We recommend:

- Following the food choice as specified below.
- Feeding a measured amount of food as directed below rather than feeding free choice.
- Treats, if fed, should be small, healthy, and limited to 10% or less of your pet's daily caloric intake.

If a new diet is recommended, **gradually transition your pet to the new food** over 7 days to minimize the risk of stomach upset. See the transition schedules below for dogs and cats. For dogs, the two foods can be mixed in the same bowl. For cats, we recommend two bowls—one of the new food and one of the current food fed side by side.



**Exercise and playtime help expend calories** and can help enrich the bond with your pet.

**Use a journal to track your pet's body condition (and weight, if weighed at home) between visits.** Together we can monitor your pet's weight and body condition, allowing us to make adjustments to the diet or the amount fed.

We will demonstrate how to evaluate your pet's body condition. For a reminder at home, watch this video on how to assess [dog](#) and [cat](#) body condition.

**Please contact us if:**

- You notice a change in body condition and/or weight. Either an increase or decrease is important to report.
- Your pet refuses to eat the new food (if a new diet was recommended).
- Your pet vomits or has diarrhea.

**Clinic name:** \_\_\_\_\_**Contact information:** \_\_\_\_\_**Recommendations for:** \_\_\_\_\_ **(Pet's name)****Food** brand name and formula: \_\_\_\_\_

How much to feed: \_\_\_\_\_ (check one)      grams      ounces

How many times per day: \_\_\_\_\_

Ideally, measure your pet's food by weight using a scale. If a kitchen scale is not available, measure carefully with a 250-mL/8-oz cup that is marked with the appropriate amount to feed.

Feed using a:      Bowl      Slow-feeder bowl      Automatic feeder      Puzzle feeder

**Treat** name(s): \_\_\_\_\_ How many treats per day: \_\_\_\_\_

We may instead recommend setting aside \_\_\_\_\_ grams or \_\_\_\_\_ oz/cup of the kibble each day or feeding/offering \_\_\_\_\_ as treats.

**Exercise** type: \_\_\_\_\_ How much: \_\_\_\_\_

How many times per day/week: \_\_\_\_\_

**Weight** rechecks: Return to the clinic to weigh every: \_\_\_\_\_

For cats and small dogs, monitor weight at home using a scale between clinic rechecks every: \_\_\_\_\_

**Body condition:** Monitor every: \_\_\_\_\_