**Cats**

Male and female cats can be neutered from 6 months of age. This avoids unwanted pregnancies and can reduce wandering behaviour.

Uncastrated male cats tend to wander, fight and smell. They are very fertile and will be a source of unwanted kittens, so castrating your cat is also a socially responsible thing to do.

Female cats can be spayed from 6 months of age. Female cats which are not neutered are the main source of unwanted kittens.

**Dogs**

Female dogs can be spayed from 6 months of age or 2 months after finishing their season. The advantages of spaying before their first season are preventing unwanted pregnancy and womb infections, and reducing risk of breast cancer in later life to less than a 0.5% chance. However spaying before the first season or before she is fully mature can (rarely) lead to problems in later life such as difficulties in controlling urination or infections around her vulva.

Ideally, a bitch should be spayed when she is young and fit, as this makes the surgery and recovery easier, but age is not a bar to surgery.

Seasons in a bitch can be controlled chemically eg: by Delvosteron injections. This is an option if you want to delay a season for a specific reason (eg: you are going on holiday) or if you are unsure whether you wish to breed from her in the future. It is not recommended however to control her seasons if you do not intend for her to have puppies. This is because in the long term, the drug can make a bitch more prone to womb infections and mammary problems. You cannot use an injection to stop a bitches first season.

We recommend that all bitches who are not going to be used for breeding are spayed, as this avoids unwanted puppies, the nuisance of seasons, false pregnancies and womb infections.

Male dogs may be castrated from 6 months of age. This prevents testicular cancer and reduces the risk of prostatic problems in later life. It can also reduce boisterous and dominant behaviour, but this should be discussed with your vet first if it is your primary reason for castration.