



Simple Fixes for Simple Problems

Some common problems in dogs and their solutions. I often recommend these simple treatments for adult animals who are otherwise acting normal and cannot be brought into a veterinary hospital. Dosages are at the end of the pamphlet.

- 1. Vaccine Reactions/Bug bites.** Antihistamines can be given to reduce allergic reactions. Benadryl is most commonly used and can be used every 6 hours until the reaction is gone. Rarely, some cases are severe and will need to be hospitalized.
- 2. Car sickness/Anxiety.** Benadryl and Dramamine can also be used for this as well. It does not work in all patients! Make sure to give it 1 hour prior to the care ride.
- 3. Diarrhea.** Withhold food from adults for 24 hours. Dogs can take peptobismol and/or Imodium a/d. These medications can be used together. I do not recommend people give Imodium to Collies, Australian Shepherds, Shelties, and Border Collies because of an uncommon sedative-like reaction that can occur. If a dog's diarrhea does not improve in 1 to 2 days with the above medications a visit to the vet is needed. In young animals vomiting and diarrhea is more dangerous and needs to be addressed quickly. Make sure to bring a sample to the vet so a fecal can be done.
- 4. Vomiting.** Dogs and cats can take Pepcid A/C to reduce stomach acid production. Peptobismol, as mentioned above, can also be used in dogs but not cats. Do not wait more than 12 hours for dogs and cats that are vomiting before seeking veterinary care, because the list of potentially serious things that can make a pet vomit is lengthy.
- 5. Sneezing.** Dogs and cats can have seasonal allergies just like their owners, and will sneeze and often have a watery nasal discharge. The best over the counter antihistamine for dogs has been Benadryl or diphenhydramine, although recently veterinarians have begun using Claritin (loratidine) and Zyrtec (cetirizine) in dogs. In cats, chlorpheniramine seems to work the best. This is given at 2 mg, which is a half tablet, twice a day. Bear in mind, however, that upper respiratory infections, abscessed teeth, and foreign objects like a piece of grass or a foxtail, can all cause sneezing and may require veterinary attention. Cats can get "URI" or upper respiratory infection even if vaccinated. Time and fresh air usually resolve most cases but it is contagious. If there is any green mucus discharge from the nose or eyes or your pet stops eating, your pet should be seen by a veterinarian.
- 6. Coughing.** Dogs can develop "kennel cough" which has very similar symptoms as a human cold. Even dogs or cats vaccinated for this can become infected. If your dog has developed a cough but does not have nasal drainage or is not acting sick, you may be able to give Robitussin DM. Generally, kennel cough is self-limiting and will get better with fresh air and time, but it is contagious. If your dog stops eating, has colored discharge from the nose, or is hot to the touch you need to seek veterinary care. Remember there are numerous other causes of cough including heartworms or heart disease!

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7. Scrapes and scratches. You can use Neosporin on scratches on dogs and cats just as you would on yourself. Do not use hydrogen peroxide on wounds because peroxide kills the body's own white blood cells and interferes with the normal healing processes of cell division and scar tissue formation. Keep in mind that a scratch or scrape is superficial, but that puncture wounds are another matter entirely and any dog or cat with a deep puncture wound is at high risk for developing an abscess under the skin at that location unless they take antibiotics. You can clean with warm water, but iodine or chlorhexidine cleaners are best. Iodine if used should be diluted with water till it is a light tea color. If it is really itchy like a hot spot then cortisone cream can be used also. Keep in mind hot spots can develop from an insect bite or fleas or from more complex medical problems.

8. Itching. If your pets are not on a reliable and regular flea control program, fleas are your most likely problem (even if you do not see them!!). Products I recommend: Advantage, Advantix (DO NOT USE ON CATS), Frontline Plus, Comfortis, Seresto Collars Revolution, and Advantage Multi. The last 2 also get heartworms as well. If you are using a different product please contact your vet to see if the product is safe and effective. Itching in dogs can also be a result of a number of causes, but dogs will often itch during allergy season. Bathing with a mild soap free (it will state on the label) dog shampoo will probably help to some degree. Until your dog can be seen by a veterinarian a bath may offer some needed relief. Specifically, shampoos containing oatmeal, aloe, omega 3 fatty acids or hydrocortisone are believed to reduce itching. Antihistamines, as mentioned above, may also reduce itching but tend to have limited effect in many dogs. Combining antihistamines with Omega 3 fatty acids (ie fish oil) can also be of benefit to mildly itchy dogs. Topical cortisone cream can also take the itch out of a localized spot.

9. Lameness/Arthritis. Glucosamine, chondroitin, and fish oil can be of some benefit for animals with arthritis and chronic orthopedic conditions. S -Adenosyl methionine (SAM, SAME, SAM-e) may be of benefit for osteoarthritis pain as well.

10. Poison Ingestion. If poison control or the product label recommend inducing vomiting, hydrogen peroxide can be given a tablespoon for large dogs or a teaspoon for smaller dogs at a time by mouth until vomiting occurs. NEVER USE IN CATS! Consult your veterinarian to see if any further treatment is needed/recommended. As with any medical condition, if things don't improve with simple treatment in a few days, or if things start to get worse, consult your veterinarian as soon as possible. Visit www.veterinarypartner.com for more detailed information.

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Drug	Strength	Dogs	Cats	Frequency
Peptobismol*	262 mg	1 tab/30#	N/A	Every 6 Hours
Immodium A/D**	2 mg	1 tab/40#	N/A	Every 8 Hours
Pepcid A/C (Famotidine)	10 mg	1 tab/20#	½ tab	Every 12 Hours
Benadryl (Diphenhydramine)	25 mg	1 tab/25#	¼ tab	Every 8-12 Hours
Dramamine (Dimenhydrinate)	50 mg	1 tab/25#	¼ tab	Every 8-12 Hours
Claritin (Loratidine)	10 mg	1 tab/50#	¼ tab	Once Daily
Zyrtec (Cetirizine)	10 mg	1 tab/50#	¼ tab	Once Daily
Chlorpheniramine Maleate	4 mg	1 – 2 tabs	½ - 1 tab	Dogs – Every 8 hours Cats – Every 8-12 hours
Robitussin DM (Dextromethorphan HBr, USP 20 mg & Guaifenesin, USP 200 mg)		1 tsp/20#	N/A	Every 6 Hours
Over the Counter Flea/Tick Control		Advantix, Seresto, Frontline Plus (not as effective on fleas)	Frontline Plus (not as effective on fleas), Seresto	Monthly Seresto (every 8 months)
Fish Oil	EPA's	400 mg/20#	400 mg/20#	Daily
Glucosamine HCL		250 mg/25#	250 mg/25#	Twice Daily
Chondroitin Sulfate		200 mg/25#	200 mg/25#	Twice Daily
S-Adenosylmethionine*** (SAM, SAmE, SAM-e)		9 mg/lb	9 mb/lb	Daily
Neosporin (Triple Antibiotic Ointment)		Yes	Yes	Cats will, occasionally, have a reaction.
Cortisone Creams		Yes	Yes	

***DO NOT USE IN CATS.**

****DO NOT USE IN HERDING BREEDS (COLLIES, AUSSIES, SHELTIES, BORDER COLLIES, ETC).**

*****DO NOT USE IN DIABETIC ANIMALS.**

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