**OVER THE COUNTER PRODUCTS**

While many human medications and over-the counter products (OTC) can be harmful and even fatal if given to dogs and cats, some OTC products can be important components of our treatment plans. The following are OTC products recommended by Animal Care Clinic – please only use those indicated with a checked box & a specific dosage in your particular pet.

Recommendations for: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Doctor \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fish Oil Dose: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*The best source of omega-3 fatty acids for veterinary applications is either cold water fish or Krill oil. Do not use Flaxseed oil. You must read the label on the back of the bottle and look for the total milligrams of eicosapentaenoic acid (EPA) & docosahexaenoic acid (DHA). The total milligrams of fish oil, lipids, omega-3 fatty acids or other phrases is not of value. You must add the EPA mg and DHA mg together to meet the above noted dose. Since fatty acids denature when exposed to air, fish oil products should either be in a capsule or some sort of pump delivery – if you need to open the bottle and pour out the liquid, it will lose its potency quickly and be of no value. Trader Joe’s has a high quality product with 500mg of EPA/DHA per capsule.*

Glucosamine/Chondroitin Dose: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*There is much controversy here as to which products are best. Many OTC forms of glucosamine contain no active ingredient at all. Because of this, we prefer our patients receive products that have been tested and are known to contain active product. The best products in our opinion are Cosequin and Dasuquin, available on-line and often at Costco. Dasuquin contains additional ASU’s, another anti-inflammatory product. You should know that there are no studies in veterinary medicine to show that MSM is beneficial and thus you do not need to look for this in your supplements.*

Bismuth Subsalicylate (Pepto Bismol) Dose: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Usually about 260mg per tablet. It is generally best to get the caplets since they can be given like a pill. The liquid is generally not well tolerated by dogs and cats and becomes very messy. The chewable tablets are also not well accepted and can be hard to administer. Pepto will cause the feces to turn very dark to black and can cause the tongue to have a black film. This product is generally used to treat diarrhea and/or stomach upset.*

Diphenhydramine (Benadryl) Dose: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Generic forms are fine. DO NOT USE LIQUID, especially in cats as the taste is not tolerated and most pets drool excessively. DO NOT USE COMBINATION PRODUCTS!!! Products that have substances other than diphenhydramine listed under active ingredients should never be used. Do not use products called “Cold & Sinus” or claim to have effects on flu, colds, aches, congestion or cough. Be certain the product contains only diphenhydramine. This is an anti-histamine often used to minimize vaccine reactions or allergies.*

Famotidine (Pepcid AC) Dose: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Generic forms are fine. Look at milligram (mg) strength closely as this product comes in several strengths. Most common is a 10mg pentagon shaped tablet. There are extra-strength tablets also. Be sure no other products are listed under the active ingredients and that this is not a combination product. This is an antacid used to treat stomach upset/nausea.*

Omeprazole (Prilosec) Dose: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Generic forms are fine. Be sure milligram strength matches the dosage we have given. Do not use products that are combination products or that list other active ingredients aside from omeprazole. This is an antacid used to treat stomach upset, nausea or suspected ulcerative disease.*

Meclizine (Bonine) Dose: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Generic forms are fine. Dramamine “Less Drowsy” is fine – do not use regular Dramamine (be sure the active ingredient is meclizine.) Be sure milligram strength matches the dosage we have given. Do not use products that are combination products or that list other active ingredients aside from meclizine. This drug is used for dizziness & motion sickness..*

Saline, Eye lubricants Dose: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Best products include Celluvisc, Refresh, Systane and Genteal. Products containing carboxymethylcellulose are preferred as they last longer than pure saline. DO NOT USE CONTACT CLEANING SOLUTIONS!*