Antihistamine Doses

(Over the counter)

Generic antihistamines are usually as good as the brand name ones (noted in parentheses).

Make sure to get the medication that only lists the antihistamine as the active ingredient. In other words, it should **not** be a cold and flu or cough medication. Cold and flu medication can contain medications toxic to pets such as ibuprofen or acetaminophen.

Antihistamines are mild anti-allergy medications. Approximately 10-20% of dogs respond. Just as with people, individual responses may vary. The most common side effect of an antihistamine is sleepiness. If this should occur, lower the dose or change the type of antihistamine. Most pets will respond by one week. If it is not working, please contact us. Prescription antihistamines such as hydroxyzine (Ataraxtm) or Amitriptyline are also available.

Most pets will have a better respond rate if antihistamine are combined with Omega 3 fatty acids (OFAs). This should be fish oil form. Over-the-counter versions of OFA are usually 1000-1200mg, which have Eicosapentaenoic acid (EPA) of 180mg. For dermatological treatment, a pet needs 180mg of EPA per 10 pounds daily (i.e. 1 gel cap per 10 pounds). If you have any questions about this, please tell the veterinarian or technician.

1. **Clemastine** (Tavist TM) 1.34mg tablets
   1. **Dose:** (0.05-0.1mg/kg BID) = 1 pill for 50-60 pounds Twice Daily
2. **Chlorpheniramine** (Chlortrimeton TM) 4mg tablets
   1. **Dose:**(0.2-0.4mg/kg BID) =

½ pill if < 10 pounds 1 pill if 10-60 pounds 2 pills if >60pounds Twice daily

* 1. **Cat Dose:** ½ to 1 tablet twice a daily (approximately 50 % of cats will respond)

1. **Diphenhydramine** (Benedryl TM ) 25mg tablets
   1. **Dose:** (2.5mg/kg TID) = 1mg per pound three times a day

½ pill if 5-20 pounds 1 pill if 21-40 pounds 2 pills if 41-70 pounds Three times a day

1. **Cetirizine** (Zyrtec TM) 10 mg tablets
   1. **Dose:** (2.5mg/pet to 20mg/pet per day

½ pill once-twice daily if <15 pounds 1 pill daily if 15-49pounds 1 pill twice daily if >50lbs

* 1. **Cat Dose:** ¼- ½ tablet once to twice daily

1. **Loratidine** (Claritin TM ) 10mg tablets
   1. **Dose:** (0.25-0.5mg/kg per day)

½ pill once daily if <15 pounds 1 pill once daily if 15-39 pounds 1 pill twice daily if > 40lbs

* 1. **Cat Dose:** ½ tablet once daily

1. **Doctors Recommendations:**