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## Anti-Histamine Trial

Antihistamines are **safer** than long term steroids such as prednisolone and cortisone and **best started when the itch is reasonably stable (not too severe)**.

There are **rare side effects** to anti-histamines:

- Sleepiness for a few days is common
- Increased appetite and thirst
- Aggression and anxiety

The following anti-histamines should be **tried for about 10 days in the order in which they are listed** and move onto the next if there has been a questionable or no response. Also sometimes it may be worth combining two types so please take note of any you feel give a partial response.

1. Iramine (4mg tabs): 0.2 -0.5mg/kg 2-3x times daily (0.5 tab/cat, 1 tab/10kg dog)
2. Phenergan (10mg or 15mg tabs): 1mg/kg 2-3x a day
3. Periacin (4mg tabs): 2-12mg/animal 2-3x a day (0.5 tab/cat, 8 mg 10-20kg dog)
4. Polaramine ( 2mg, 6mg tabs): 2-12mg/animal 2-3 x a day
5. Claratyne (10mg tabs): 5-20mg/animal once a day (5mg/cat, 10mg 10-20kg dog, 20mg >20kg dog)
6. Telfast (60, 120, 180mg tabs): 5-10mg/kg once a day (60mg/cat, 120mg/20kg dog, 180mg >20kg dogs)
7. Zyrtec (10mg): 5-20mg/animal once a day (5mg/cat, 10mg/10-20kg dog, 20mg >20kg dog)