



Over the counter antihistamines for cats (8-15 pounds)

Note: There is less information about the safe use of antihistamines in cats compared to dogs – the first 2 drugs listed are fairly commonly used, but the drug doses that follow aren't as well established. We always recommend you consult with your veterinarian before beginning any treatment.

You can use the generic version of any of these. Start with one, try it for a week and then if it doesn't seem to help, try another. If any of these do seem to reduce the inflammation/itching, just continue giving it as directed.

Chlorpheniramine 2mg or 4mg tablets: 2-4mg twice daily. May help with obsessive licking/chewing.

Zyrtec (cetirizine) 5mg tablet: ½ to 1 tablet one to two times daily.

Tavist (clemastine fumerate) 1.34mg tablet: ½ tablet twice daily. Some cats will have behavior change with this medication.

Claritin (loratadine) 10mg tablet: ½ tablet once daily.

Allegra (fexofenadine) 30mg tablet: ¼ to ½ tablet once daily

Benadryl 25mg tablet: 12.5mg tablet: 1 tablet 1-2 times daily. This medication may cause drowsiness. Do not use the liquid formulation as it contains alcohol which cats find offensive.

We **strongly** recommend the use of *omega-3 fatty acids*, most commonly found in fish oil. The dose is 1 scoop for every 10 pounds of cat. We carry a very cost effective product that is guaranteed to contain the appropriate fatty acids, unlike most products in the human market. If you use an over-the-counter capsule, your cat may require as many as 3 capsules daily to meet the 180mg EPA per 10 pound recommendation.

The most common food allergies are **beef**, **fish** and **dairy** and many cats will need a diet change to find relief from allergic symptoms.