

# Psyllium Hydrophilic Mucilloid

(sill-i-yum hye-droe-fill-ik myoo-sill-oid)

**Category:** Bulk-forming laxative; Anti-diarrheal/Anti-Constipation

**Other Names for this Medication:** Metamucil®; Equi-Psyllium®

**Common Dosage Forms: Veterinary:** Products labeled for use in horses in a variety of sizes; 500 mg & 1000 mg tablets (over-the-counter). **Human:** Large variety of products available; sugar-free products available.

This information sheet does not contain all available information for this medication. It is to help answer commonly asked questions and help you give the medication safely and effectively to your animal. If you have other questions or need more information about this medication, contact your veterinarian or pharmacist.

## Key Information

- ▶ Be sure your animal always has plenty of fresh, clean water to drink while taking psyllium.
- ▶ Psyllium is available over-the-counter (without a prescription). Do not give psyllium (or any other over-the-counter medications) to your animal without first consulting a veterinarian.
- ▶ Psyllium products are not recommended for use in rabbits.

## How is this medication useful?

Psyllium is used to treat constipation in animals that get too little fiber in their diets or for which straining to defecate would be dangerous. It is also the laxative of choice for treating and preventing sand colic in horses. Psyllium is also used to increase stool consistency in animals with chronic, watery diarrhea. Psyllium works by absorbing water and swelling in the intestinal tract, increasing the size of the feces. You and your veterinarian can discuss why this drug may be the most appropriate choice.

## What should I tell my veterinarian to see if this medication can be safely given?

Many things might affect how well this drug will work in your animal. Be sure to discuss the following with your veterinarian so together you can make the best treatment decisions.

- ▶ Other drugs can interact with psyllium, so be sure to tell your veterinarian and pharmacist what medications (including vitamins, supplements, or herbal therapies) you give your animal, including the amount and time you give each.
- ▶ Tell your veterinarian about any conditions or diseases your animal may have now or has had in the past.
- ▶ If your animal has been treated for the same disease or condition in the past, tell your veterinarian about the treatment and how well it did or didn't work.
- ▶ If your animal is pregnant or nursing, talk to your veterinarian about the risks of using this drug.
- ▶ Tell your veterinarian and pharmacist about any medication side effects (including allergic reactions, lack of appetite, diarrhea, itching, hair loss) your animal has developed in the past.

## When should this medication not be used or be used very carefully?

No drug is 100% safe in all patients, but your veterinarian will discuss with you any specific concerns about using this drug in your animal.

This drug **SHOULD NOT** be used in patients:

- ▶ That are allergic to it.
- ▶ That require prompt intestinal evacuation.
- ▶ With fecal impaction or intestinal obstruction.

If your animal has any of these conditions, talk to your veterinarian about the potential risks versus benefits.

## What are the side effects of this medication?

### Side effects that usually are not serious include:

- ▶ Flatulence (excess gas).

You don't have to be overly concerned if you see this sign unless it is severe, worsens, or continues to be a problem. Contact your veterinarian if this happens.

## If my animal gets too much of this medication (an overdose), what should I do?

Overdoses of psyllium are not likely to cause problems as long as adequate water has been available to the animal. If you witness or suspect an overdose, contact your veterinarian or an animal poison control center for further advice. Animal poison control centers that are open 24 hours a day include: **Pet Poison HELPLINE** (855-764-7661) and **ASPCA Animal Poison Control Center** (888-426-4435); a consultation fee is charged for these services.

## How should this medication be given?

For this medication to work, give it exactly as your veterinarian has prescribed. It's a good idea to always check the prescription label to be sure you are giving the drug correctly.

- ▶ Be sure your animal always has plenty of clean water to drink while taking psyllium.
- ▶ Compounded liquid forms of this medication must be measured carefully. Your veterinarian or pharmacist can help by providing special measuring spoons or syringes.
- ▶ If you have difficulty getting your animal to take the medicine, contact your veterinarian or pharmacist for tips to help dosing and reducing the stress of medication time.
- ▶ Continue giving this medication as the label says until your veterinarian has told you to stop giving it. If you want to stop before then, talk to your veterinarian as there may be important reasons to continue giving it.

## What should I do if I miss giving a dose of this medication?

If you miss a dose, give it when you remember, but if it is close to the time for the next dose, skip the dose you missed and give it at the next scheduled time. After that, return to the regular dosing schedule. Do not double-up or give extra doses.

## How should I store this medication?

- ▶ Store this medication in its original prescription container at room temperature.
- ▶ If your veterinarian or pharmacist has made (compounded) a special formulation for your animal, follow the storage recommendations and expiration date for the product.
- ▶ Keep away from children and other animals.

**Can handling this medication be hazardous to me, my family, or other pets?**

There are no specific precautions required when handling this medication unless you are allergic to it. Wash your hands after handling any medication.

**How should I dispose of this medication if I don't use it all?**

- ▶ This medication is safe to throw out with the regular trash; do not dispose of it in the sink or flush it down the toilet as it may plug up household plumbing.
- ▶ Do not save leftover medication for future use or give it to others to use.

**What other information is important for this medication?**

- ▶ Psyllium is available over-the-counter (without a prescription). Do not give laxatives or any other over-the-counter medications to your animal without first consulting a veterinarian.
- ▶ Do not change dosage forms (eg, different brands) without first consulting with a veterinarian or pharmacist, as the doses may be different.
- ▶ Use of this medicine may not be allowed in certain animal competitions. Check rules and regulations before entering your animal in a competition while this medication is being administered.

**If you have any other questions or concerns about this medication, contact your veterinarian or pharmacist.**