

# Taurine

(tor-een)

**Category:** Nutrient

**Other Names for this Medication:** Dyna-Taurine®

**Common Dosage Forms: Veterinary:** 250 mg tablets; 375 mg/4 mL oral liquid.

**Human:** 500 mg & 1000 mg tablets or capsules.

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

- ▶ Usually causes no side effects, but could cause vomiting.
- ▶ Blood tests are often needed to check taurine levels in the blood.
- ▶ If using a powder form, mix into food.

## How is this medication useful?

Taurine is an amino acid that is essential for normal heart function. It may be used as a supplement for dogs or cats with heart disease when there is not enough taurine in the diet for the animal.

Taurine is considered a nutritional supplement by the FDA; therefore, it does not evaluate these products for safety or efficacy. For your animal's safety, use only products recommended by your veterinarian. You and your veterinarian can discuss why this drug is the most appropriate choice.

## What should I tell my veterinarian so that I can give this medication safely to my animal?

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.

- ▶ While there are no drugs known that possibly could cause problems when taken with taurine, be sure to tell your veterinarian and pharmacist what medications (including vitamins, supplements, or herbal therapies) you are giving your animal, as well as the amount and schedule of each.
- ▶ Tell your veterinarian about any conditions or diseases your pet 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.
- ▶ Taurine appears safe to use during pregnancy, but 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 pet 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.

Taurine supplementation is not a substitute for an accurate diagnosis of an animal's heart problems.

## What are the side effects of this medication?

Side effects are not usually seen with taurine use. Any medication given by mouth may cause vomiting in some animals. If this occurs give with some food to see if that helps. If vomiting continues or is severe, contact your veterinarian.

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

Overdoses of taurine should not cause any harmful effects, but if your animal gets a very large overdose and is showing any unexpected signs 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.

- ▶ Taurine can be given with or without food, but it is usually given as a powder that is mixed into food.
- ▶ 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.
- ▶ This medication can be given for various lengths of time. Be sure you understand how long your veterinarian wants you to continue giving this medication. Prescription refills may be necessary before the therapy will be complete. Before stopping this medication, talk to your veterinarian, as there may be important reasons to continue its use.

## 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?

Taurine should be stored in a tight, light-resistant, child-proof container away from all 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, but it is always a good idea to wash your hands after handling any medication.

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

- ▶ This medicine may be disposed in the regular trash or flushed down the toilet if a community drug “take-back” program is not available.
- ▶ Do not save leftover medication for future use or give it to others to use.

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

- ▶ To determine if enough taurine is in your animal's body, your veterinarian will need to do blood tests to measure taurine levels.
- ▶ Use of this drug 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.**