



# ADELAIDE PLAINS EQUINE CLINIC

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## Colic Care Instructions

Your horse has been diagnosed with colic, which means pain in the abdomen, and may be attributable to a number of different conditions. Management for these is often similar and involves pain relief and maintaining hydration.

### **Pain Relief**

Your horse has been administered an anti-inflammatory into the vein. This anti-inflammatory is called flunixin (Finadyne), and helps relieve the inflammation associated with colic, which causes your horse pain. It should last in your horses' system for 8-12 hours.

If your horse becomes painful within the 8 hours, this means the pain relief is not enough, and the colic could be worsening. This is an emergency and you need to call us straight away.

If your horse becomes painful again around the 8-12 hour mark, this means the pain relief is wearing off, but the colic is not yet resolved. Your horse may need to be seen again for further pain relief and/or a drench.

### **Hydration**

Your horse has been drenched by passing a nasogastric tube into the stomach. This drench helps to keep your horse hydrated, correct electrolyte imbalances, and provide oil to move through impactions. It mainly consists of water, with added electrolytes, calcium, DSS (stool softener) and/or paraffin oil.

Your horse can have free access to clean, fresh water. If you would like to measure how much your horse is drinking, disconnect their automatic waterer, and fill a bucket with a known quantity of water. That way you can monitor what volume they are drinking. Remember horses need at least 20L of water a day, and up to 50L a day in Summer!

You can offer your horse water mixed with molasses (to make a weak tea colour). Sweetened water can often entice a fussy horse to drink, however large quantities of sugars can affect their gut and cause further upset, so provide it in moderation. If using molasses water, always have clean, fresh water available as well.

### **Walking & Exercise**

It has long been advocated to keep horses walking and prevent them from rolling. This was thought to prevent their intestines from twisting. Recent research however has suggested that continuous walking makes no difference to the likelihood of twisted intestines.

We find it more beneficial to exercise horses for 5-10 minutes every couple of hours. This might involve lunging in a round yard at the trot, or running in a paddock. This way it allows you, and your horse, a rest between exercises. It also helps to better promote movement of manure through the gut.

### **Manure Output**

Most horses pass around 4-6 manure piles every 12 hours. This is a good benchmark for your own horses manure output. If there is no manure after 12 hours your horse may require further treatment. If your horse has passed 4-6 manures, and is pain free, after 12 hours you may be able to begin re-feeding your horse.

### **Feeding**

You need to remove all feed and prevent your horse from eating for at least 12 hours and/or until they have passed 4-6 manures. If they reach this point and are pain free, then you can begin reintroducing feed. We recommend small amounts of hay (1-2 handfuls) every couple of hours to begin with.

During this time you need to monitor your horse's response to the feeding and whether they display any signs of pain. If they do, you need to ring us immediately and cease any more feeding. If they are pain free upon feeding, gradually work towards their normal feed over 24-48 hours.

If you have any questions, or need more explanation, please do not hesitate to ring our emergency number  
**24/7 on 8523 4777.**

You have been dispensed the following pain medicine. Please follow all directions regarding its use.

Type of pain relief:	Amount:	To be given in: