

# Owner Empowerment Workshop Series

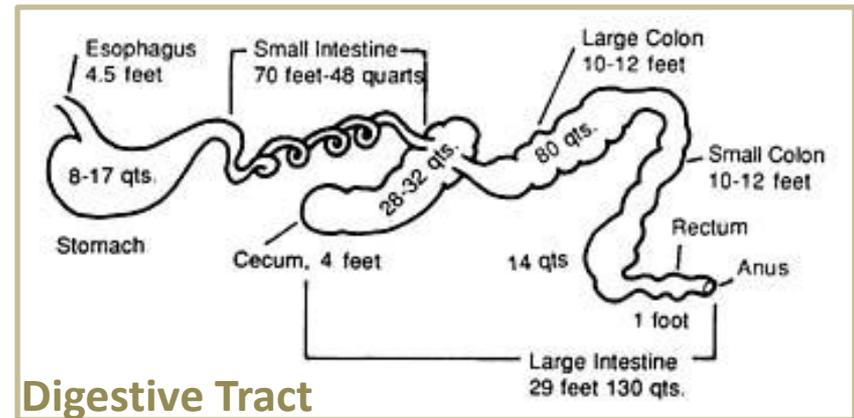
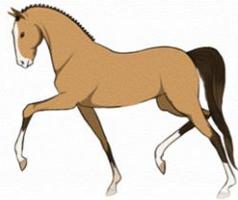
## COLIC

### Prevent:

- Monitor water consumption
- Check consistency of manure
- Make dietary changes gradually
- Provide daily exercise
- Be aware of weather changes
- Consider the age of the horse
- Know *baseline* normal vital signs
- Monitor teeth & mouth health
- Feed a natural diet with mashes & succulent foods
- Provide free choice salt
- Feed in large containers at ground level
- Keep water a palatable temperature
- Feed a psyllium or flaxseed supplement regularly

### Types of Colic:

- Impaction
- Flatulent
- Toxic
- Sand



### Normal Average Vital Signs:

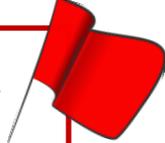
- Temperature (rectally) 99 F to 101 F
- Pulse 30 to 50 beats per minute
- Respiration 8 to 16 breaths per minute

### GUMS:

- Should be pink
- Blue indicates shock
- White indicates blood loss or exhaustion
- Red indicates stress
- Black or purple indicates toxicity



**First Response:** if horse is in extreme distress go immediately to **red flag box!**

- 
- Take vital signs
  - Check gums (color & capillary refill time)
  - Pinch neck for hydration check
  - Observe behavior
  - Call Veterinarian with this info

**Detective Work:** count number of bowel movements & check consistency then muck; place 6 balls of manure in a clear plastic bag and half fill with water then hang it to see if sand collects at bottom; inspect feeder for foreign objects; inspect hay for insects; clear out all foods; provide clean water; if weather is cool, blanket the horse

➤ If horse is trying to roll, keep him up and walk him if necessary. Rolling can twist an intestine.

## If *any* toxin is suspected, dose immediately with activated charcoal!

If you are sensing the onset of mild colic, a dose of one to two ounces (30cc's or 60cc's) of Milk of Magnesia orally with a dose syringe (or in a wet mash) SLOWLY can help relax the gut – adding Simethicone as an anti-gas substance up to 500mg per ounce of MofM can break up painful gas bubbles. If you hear no belly rumbling, the gut is inactive, lots of rumbling can be gassiness.

Potential Toxins include: pesticides, moldy feed, blister beetles, poisonous plants, preservatives, rancid oils

## Return to Health:

### Feeding Program:

#### Feed the horse lightly after a colic

- Base it upon pasture or hay
- Avoid processed feeds and grains
- Feed 2 lbs. of hay per 100lbs. Body weight – 2/3 grass & 1/3 alfalfa is safe
- Supplement **probiotics**
- Feed at least twice a day
- Consider moistening all food with water
- Make any dietary adjustments *slowly* over a 10 day period

## Herbs for Health:

- Anise seed aids digestion & breaks up gas
- Fennel is anti gas & antispasmodic
- Fenugreek increases appetite & enhances digestion, also fights infections
- Dill reconstitutes the digestive tract
- Senna pods soaked in water make a tea that relieves constipation
- Slippery Elm Bark powder added to water soaked feed heals the digestive tract and soothes the bowel
- Fresh Parsley fed several times daily aids digestion & protects the renal system

**Mobility:** the horse needs to be in movement throughout his day to keep all internal organs and the lymph of his endocrine system healthy. These processes do not require violent exercise, but thrive upon hours of walking with random cardiovascular toning bursts of energy

**Wheat Bran Mash:** are an ideal carrier for moisture (soak with copious amounts of water); carrier for herbs & supplements; source of phosphorus (in New Mexico, our rations are high calcium & horses need a balanced calcium/phosphorus ratio of 1 to 1 up to 2 to 1); a source of fiber and a very tasty addition that most horses love. Use cool water in summer, warm water in winter.

