

## CLIENT INFORMATION LEAFLET

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# Alprazolam

- Keep this leaflet safe, as you may need to refer to it again.
- Please ask your vet or veterinary nurse if you have any further questions.
- This medicine has been prescribed for *your* pet ONLY. Do not take it yourself or give it to another person or any other animal; it may harm them even if their symptoms appear to be the same.

The medicine you have been given for your dog or cat is called alprazolam. It may have a trade name such as Xanax®, but often will just be called alprazolam.

### What is alprazolam?

Alprazolam belongs to a group of medicines called *benzodiazepines*, which act on a neurotransmitter called *GABA* within the brain and nerves in the body to produce a calming effect. Alprazolam has anxiolytic (anti-anxiety), antidepressant, amnesic (memory-altering), hypnotic (sleep-inducing), anticonvulsant, sedative and muscle relaxant properties.

### Why has my pet been prescribed alprazolam?

Alprazolam is used to treat anxiety and fear-related disorders in dogs and cats, especially if these involve signs of panic. The anti-panic, anti-anxiety and amnesic properties of this drug make it particularly suitable for treatment of noise phobias (e.g. thunderstorms), separation anxiety and situational fears (e.g. car travel or visits to the vet). Alprazolam is sometimes also prescribed for urine spraying in cats.

### How should I store alprazolam?

This medicine does not require any special storage conditions. For safety, **all medicines should be kept out of the reach and sight of children.**

### How do I give alprazolam tablets to my pet?

Tablets are best given approximately 30–60 minutes before an anticipated fear-inducing event. Treatment may then be given as needed within the dosing limits prescribed, up to four times a day. Tablets may be given with or without food. The tablets may be disguised in a small amount of strongly flavoured food that your pet likes. Alternatively, they can be placed carefully on the back of your pet's tongue and their mouth closed until the entire tablet has been swallowed.

### How long will my pet need to take alprazolam?

Due to the relatively rapid onset and short-lived duration of this drug, alprazolam is best used for management of acute anxiety episodes; however, it may be used as part of a long-term behavioural modification plan. Your vet will advise you on the length of time for which you will need to give this medicine. This may vary between patients and can be for the rest of their life.

### What should I do if I run out of tablets?

Try not to run out. Make sure you order more tablets from your vet if your supply is getting low. If you do run out, contact your own vet for further advice and restart the course as soon as possible.

### What should I do if I miss a dose?

Alprazolam is best given *before* a fear- or anxiety-inducing event, but if a dose is missed give the medication as soon as possible. **DO NOT** give a double dose to make up for the missed dose and do not exceed the total stated dose in any one 24-hour period.

### What should I do if my pet is accidentally given too many doses?

**Contact your vet immediately** if an overdose is given. However, if a single extra dose is given on a single occasion only, it is unlikely to cause significant harm. The most common side effects with an overdose are sedation, incoordination and amnesia.

### Can my pet take alprazolam if I am already giving them other drugs?

Tell your vet if you are giving your pet any other medications, even if you think they already know. This includes herbal and off-the-shelf remedies from a pet shop, pharmacy or the internet.

Caution is particularly advised if your pet is receiving any antifungal medication (such as itraconazole), as this inhibits the metabolism of alprazolam. If you have any concerns about using alprazolam with any other medications, please ask your vet for further advice.

### What are the possible side effects of alprazolam for my pet?

Side effects include drowsiness, anxiety, discoordination, hallucinations, increased appetite, insomnia, muscle relaxation and sedation. If given to animals with fear-related aggression, this drug may facilitate uninhibited behaviour and thus lead to more serious aggression. Long-term treatment with alprazolam may lead to a physical dependence on this drug, which can result in undesirable behaviour changes if this drug is abruptly stopped. If your pet shows any unusual symptoms whilst taking this medication, please contact your vet.

### What should I do if my pet is unwell while taking alprazolam?

If your pet is unwell while receiving medication, you should not give any further doses and should contact your vet immediately for advice.

### What should I do if a person accidentally takes this drug?

If a person takes your pet's tablets, the person should be taken to the local hospital immediately. Take this leaflet and any remaining tablets plus their container (even if it is empty) with you.

### Whom do I contact if I want to know more?

If you have any questions about this drug, or any concerns with your pet's health then contact your own vet. They will know your pet's medical history and will know about alprazolam.

### The Prescribing Cascade

This medicine is authorized for use in human patients and is used by vets under the 'prescribing cascade'. The medicine is not authorized by the Veterinary Medicines Directorate (VMD), an executive agency of the Department for Environment, Food and Rural Affairs (Defra), for use in dogs/cats/pets. Your vet can explain the 'prescribing cascade' in further detail to you and also explain why they are prescribing this drug for your pet. You will be asked to sign a consent form stating that you understand the reasons that the drug is being prescribed and its possible complications, before the treatment is issued.

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