

Separation happens...
Anxiety doesn't have to.



Reconcile®
fluoxetine hydrochloride

Separation-related **anxiety**

Separation-related anxiety is the second most common canine behavioural condition.¹

14% to 17% of dogs are affected by separation-related anxiety.^{3,4} Separation-related anxiety can develop at any age in either sex and has been diagnosed in all breeds.

Dogs with separation-related anxiety are not being spiteful or naughty, they are suffering from a treatable medical condition.

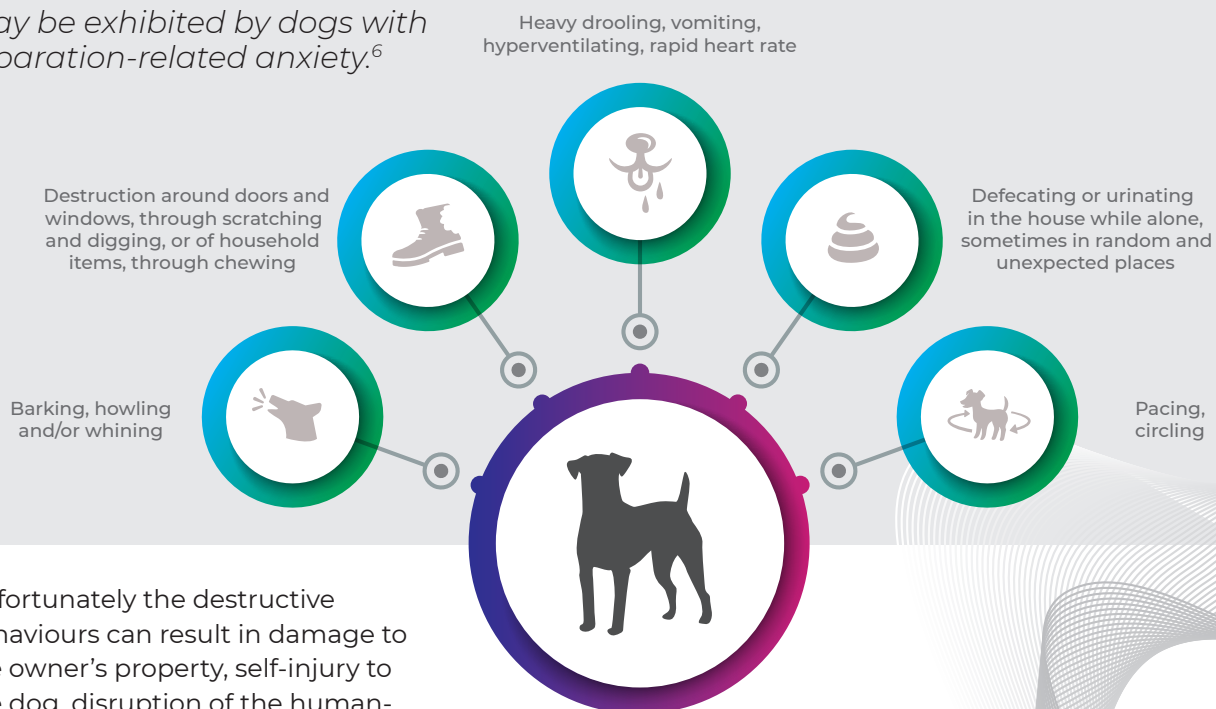


What is **separation-related anxiety**?

When dogs are anxious they will often try to seek information to help them reduce their uncertainty. For pet dogs one of the best sources of information and guidance is their caregiver so they go and sniff, lick or lean into their human in an attempt to find out if they should be worried. If the caregiver is not present the dog can become very distressed. Not only are they worried but they do not have any way to resolve their anxiety as their source of information is not there. They may make attempts to gain access to their caregiver leading to behaviours of vocalisation,

such as howling or barking, and destruction, such as scratching and digging at doorways. High levels of unresolved anxiety can also have physiological effects causing loss of toilet control (urination or defecation within the home), panting and/or excessive salivation. As levels of emotional arousal increase dogs need to release this through a combination of drainage and displacement behaviours e.g. chewing and destruction of household items (drainage behaviour); yawning, pacing and/or circling (displacement behaviour).

Unwanted behaviours that may be exhibited by dogs with separation-related anxiety.⁶



Unfortunately the destructive behaviours can result in damage to the owner's property, self-injury to the dog, disruption of the human-animal bond and, when vocalisation is involved, complaints from neighbours.⁷ Usually negative behaviours occur after the caregiver leaves the house, and bouts of rest alternating with barking and destructive behaviour every 40 to 60 minutes.^{2,7,8}

These negative behaviours are all common reasons why owners choose to relinquish or euthanise their dogs.² Of dogs relinquished to animal shelters 40% have at least one behavioural issue.⁵

It is important to remember that separation-related distress can lead to more passive behavioural responses which are harder to identify. For example, some individuals are unable to eat any food that is left for them until the caregiver returns and this suppression of appetite can be a sign of anxiety. Others may have left evidence of excessive salivation but this can easily be overlooked.

What are the potential **risk factors**?

Potential triggers include:



INHERITED PREDISPOSITION



NEW CAREGIVER
OR FAMILY



LIMITED EARLY EXPERIENCES



AGEING AND DECLINE
OF COGNITION



SITUATIONAL ANXIETY AND FEAR
E.G., NOISE/STORM SENSITIVITY



ALTERATION OF THE FAMILY
STRUCTURE THROUGH BIRTH OR
DEATH



CHANGES IN THE CAREGIVERS'
WORK SCHEDULE OR DAILY ROUTINE



GENERALISED ANXIETY



MOVING TO A
DIFFERENT RESIDENCE



PHYSICAL HEALTH PROBLEMS
E.G. CHRONIC PAIN

How is separation-related anxiety **diagnosed**?

Caregivers should be encouraged to make an appointment at the veterinary practice if they are concerned about their pet's behaviour in their absence as there is more than one reason why dogs may become distressed when alone. Video footage of the dog when left alone is invaluable in order to characterise the behaviour seen.



It is essential that a full physical health check is undertaken since emotional and physical health are inextricably linked. Laboratory tests, such as a complete blood cell count, biochemistry, thyroid test and urinalysis, may be appropriate to determine other potential underlying causes of the behaviour.

Veterinary Intervention

It is very important to have an accurate diagnosis of the underlying motivation before commencing medication as different neurotransmitters are involved. Not all separation-related behaviours are caused by anxiety and anti-anxiety medication is therefore not appropriate for every case. However, when anxiety is involved, the use of anxiolytics can be extremely beneficial as it makes it easier for the dog to benefit from behavioural modification and to learn that they can be safe when they are alone.

Full investigation of behavioural cases can be carried out in-house by a veterinary professional or through referral to a suitably qualified clinical animal behaviourist. If the dog is found to have compromised emotional health and anxiety is diagnosed as the underlying emotional motivation

for the problematic behavioural signs, then medication may be appropriate. Selective serotonin reuptake inhibitors (SSRIs) (e.g. Reconcile®) increase the availability of serotonin and have been shown to be beneficial for these patients.



How can we make it easier for these dogs who are anxious **when left alone?**

Dealing with separation-related distress starts with creating emotional stability and reducing any generalised anxiety. Addressing behaviours when the caregiver is at home is important before progressing to dealing with the behaviour in their absence. It is also important to teach dogs to be independent and relaxed in their own company. Altering the expectation of caregiver assistance in problem solving can teach the dog to find solutions

when the caregiver is not available and being able to predict when someone is available or not will help to reduce uncertainty.

A dog with separation-related anxiety is not a hopeless case. When it is clear that the behaviours are not caused by a physical problem, using a behaviour treatment plan that includes medication can help the affected dog become less anxious and more relaxed in the caregiver's absence.⁶

Getting help for dogs suffering from anxiety when left alone is really important from a welfare perspective for the dog as well as for the caregiver. Caregivers should be encouraged to seek help from their veterinary practice as soon as they notice any signs. These problems are likely to get worse with time and behavioural modification programmes are going to be more effective the sooner they are started.

Behaviour modification is an important part of managing separation-related disorders in dogs. A traditional approach for behaviour modification for these dogs was based around reducing predictability of departure. But we now know the importance of predictability and control, which has led to a different approach to separation problems,

where dogs are given a clear signal of intended departure.¹⁴ These new ways of thinking about management of separation-related behaviours have been incorporated into the CALM® programme. The CALM® programme is a 4 step approach that has been created to help the caregiver prevent and manage separation-related disorders in their dog.

The CALM[®] Programme

The CALM[®] programme has been created by RCVS and EBVS[®] European Veterinary Specialist in Behavioural Medicine, Dr Sarah Heath BVSc PgCertVE Dip. ECAWBM(BM) CCAB FHEA FRCVS. The CALM programme helps both prevention and management of separation-related behaviour, in 4 steps:



C

CREATE EMOTIONAL STABILITY

- Consider the dog's behaviour when they are not alone - being able to control their emotions helps them to cope with periods of solitude.
- Anxiety is linked to low self-confidence. Work to increase the dog's ability to make decisions for themselves and to cope with novelty and change as this helps to reduce their risk of anxiety.
- Reward the dog for making good decisions and set them up to be successful. The caregiver can do this through encouraging the dog to play with toys on their own and through rewarding calm and settled behaviour.
- Remember the caregiver should avoid interactions with the dog which they could perceive as being confrontational – avoid loud stern voices and do not punish behaviour that has happened in their absence.

A

ALTER EXPECTATION OF INTERACTION

- Caregiver's love to share their dog's company and there is a temptation to spend every minute together when they are home. This can lead to unrealistic expectations of company and make the dog reliant on their caregiver to make them feel safe.
- When puppies are very young it is important for them to spend some time alone with appropriate toys to keep them happy and occupied.
- When dogs are uncertain they look for information and often try to obtain it from humans through behaviours such as leaning, pawing, nudging, sniffing and licking. If they become dependent on this information they are more likely to be anxious when their caregiver is not available.
- The caregiver should never reject or ignore these requests for help but respond in a calm and passive manner so that they help their dog to overcome their uncertainty.
- Anxious dogs will also offer information through rolling on their back or dribbling urine.
- Caregivers should not encourage information seeking or offering behaviours but reward their dog when they start to become more confident, such as when they stop licking their hand or the dog gets up after rolling on their back.

L

LEAVE PREDICTIVE SIGNALS WHICH GIVE CERTAINTY OF THEIR RETURN

- Predictability and control help to reduce anxiety so it is important to enable the dog to predict the caregiver's departure and return.
- The caregiver should provide a visual signal that they are not available and remove this signal when they return.
- Introduce this signal to the dog slowly and carefully using short periods of planned departure in a safe, comfortable and relaxing location. When the caregiver returns they should remove the signal before interacting with their dog.
- If the dog is already distressed when they leave it is helpful to minimise the times when this is necessary if possible.
- If the dog must be left, the caregiver should select a different location from the training safe place and leave a different visual signal.

M

MODIFY UNDERLYING EMOTIONAL HEALTH WHERE NECESSARY

- Altering the dog's neurochemistry and increasing availability of serotonin, for example by using Reconcile[®], can help to reduce anxiety.
- Medication is only one part of the approach and must be used in conjunction with a behavioural modification programme.

Sarah's practical owner support video guides about the CALM[®] programme are available at www.reconcilefordogs.com/videos →



Introducing **Reconcile®**

Reconcile®, a flavoured, chewable tablet that contains fluoxetine hydrochloride, was developed specifically for dogs with separation-related disorders.

Reconcile chewable tablets are licensed as an aid in the treatment of separation-related disorders in dogs manifested by destruction and inappropriate behaviours (vocalisation and inappropriate defecation and/or urination) and only in combination with behavioural modification techniques.^{1,2} Reconcile® is a prescription only medication and so must be prescribed by a veterinary surgeon.



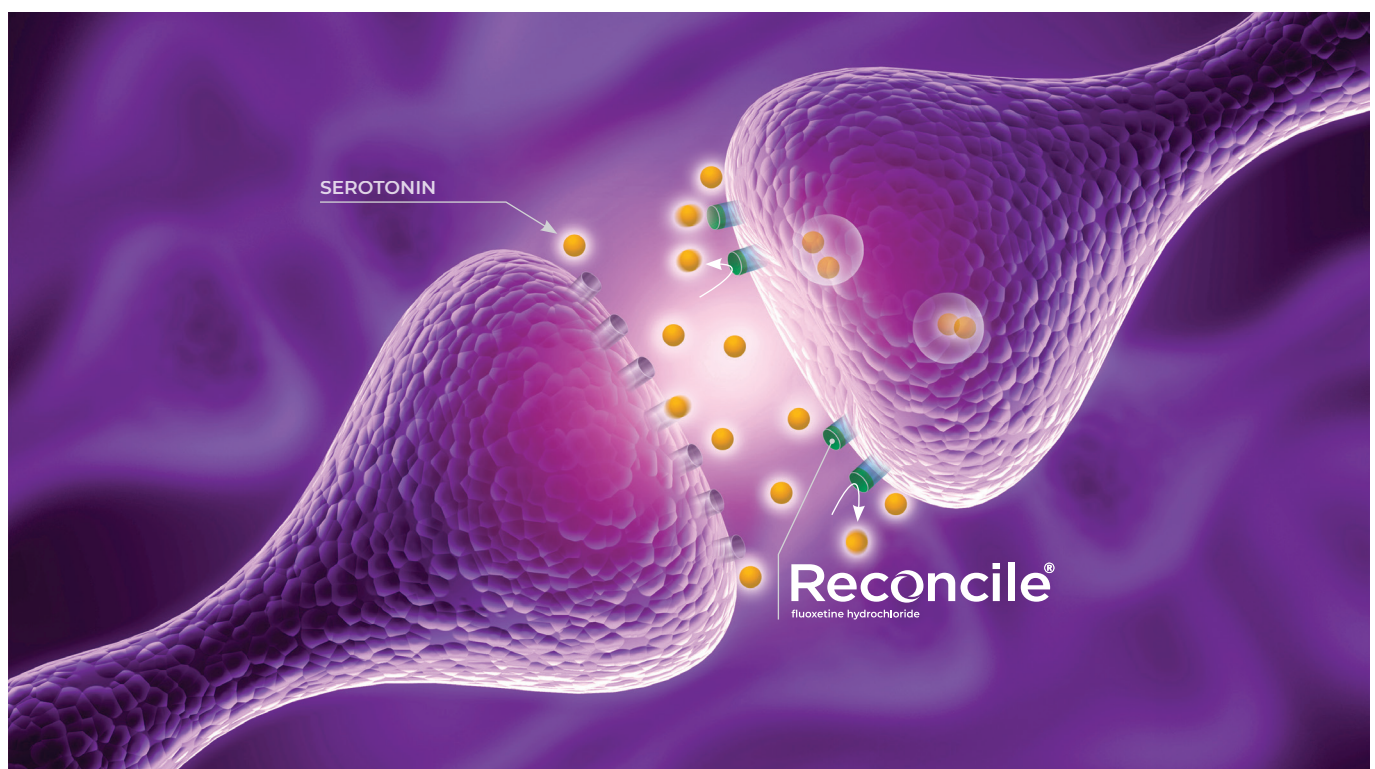
How does **Reconcile®** work?

Neurotransmitters, such as serotonin, are released from the presynaptic neuron and attach to receptors on the postsynaptic site.

They are then reabsorbed back into the presynaptic site. Research has shown that control of anxiety is one function of serotonin.

Reconcile®, a selective serotonin reuptake inhibitor (SSRI), helps correct the imbalance by blocking the reuptake of serotonin and temporarily increasing the level in the synapse.

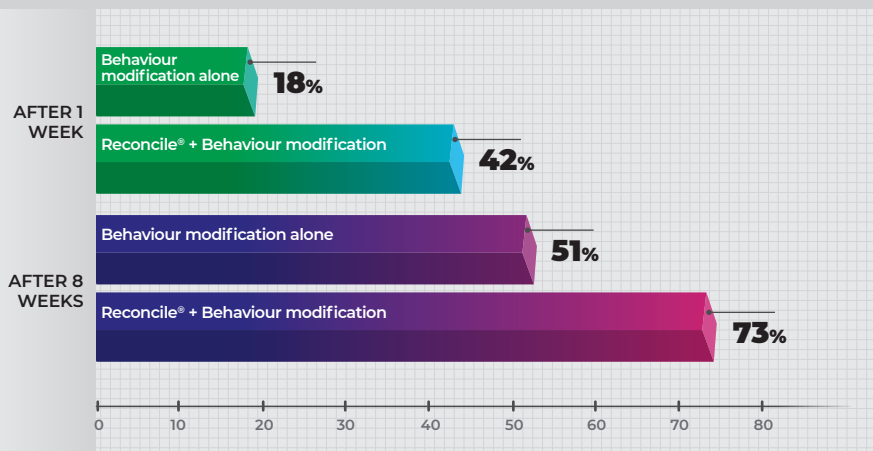
Reconcile® helps establish a calmer frame of mind in dogs, reducing detrimental behaviours and making them more receptive to training.



How well does **Reconcile®** work?

A multicentred, double-blinded study was conducted in 229 dogs for 70 days, with dosing of participating dogs for 56 days (14 days pre-treatment), to compare the Reconcile® chewable tablet to a placebo control tablet.¹¹ Both groups received behavioural modification. After 1 week significantly more dogs receiving Reconcile® had measurable improvement.

EFFICACY DATA



73% of dogs with separation-related disorders showed measurable improvement in 8 weeks when Reconcile® was used with behaviour modification.^{1,11,13}

After 8 weeks, 73% of dogs receiving Reconcile® had measurable improvement compared to just over half of those receiving only placebo control tablets.^{1,11,13}

As Reconcile® is indicated for treatment of separation-related disorders in dogs only in conjunction with a behaviour modification plan, a suggested behavioural modification plan (the CALM Programme) is discussed on page 6.

Safety of **Reconcile®**

Reconcile® has been licensed in the USA for many years and continued clinical use in real-life conditions has demonstrated it to be well tolerated in dogs. Additionally many studies demonstrate that Reconcile® has proven safe when prescribed and used as directed.

In a double-blinded, laboratory safety study, 38 dogs were administered Reconcile® for one year at 0.5×, 2.25× and 10× the recommended treatment dose to determine the potential cumulative toxicity and reversibility of any toxicologic effects of fluoxetine hydrochloride with chronic administration to Beagle dogs.¹⁰

The study demonstrated that fluoxetine has a variable, individual safety response regarding reported adverse events. As with all drugs it is important to monitor closely for any side effects and to ensure dosing accuracy to minimise the risk of adverse effects. The most common adverse events reported in decreasing order of reported frequency are: decreased appetite, urinary tract disorders (cystitis, urinary incontinence, urinary retention, stranguria), central nervous system signs (incoordination, disorientation), weight loss/loss of condition, mydriasis, panting, seizures, vomiting.¹²

FAQs

What dose should I use?¹²

Reconcile® is given once daily, which is ideal for maximum compliance.

It is given orally at a once daily dose of 1 to 2 mg/kg bodyweight according to the dosage table below:

BODYWEIGHT (KG)	TABLET STRENGTH (MG)	NUMBER OF TABLETS PER DAY
4 - 8	Reconcile® 8mg tablet	1
> 8 - 16	Reconcile® 16mg tablet	1
> 16 - 32	Reconcile® 32mg tablet	1
> 32 - 64	Reconcile® 64mg tablet	1

Do I have to give the tablets with food?¹²

Reconcile® tablets may be given with or without food. The tablets are flavoured and most dogs will consume the tablet when offered by the caregiver.

How soon should I expect to see a response?¹²⁻¹³

Clinical improvement with the product is expected within 1 to 2 weeks. If no improvement is noted within 4 weeks, case management should be re-evaluated.

Are there any dogs I shouldn't use Reconcile in?

Reconcile® is contraindicated for use in dogs with epilepsy or a history of seizures, nor should the drug be given to dogs with a known hypersensitivity to fluoxetine, other SSRIs or to any of the excipients. The safety of Reconcile® has not been established in dogs less than 6 months of age or weighing less than 4 kg.

The safety of the veterinary medicinal product has not been established during pregnancy and lactation, thus its use is not recommended during pregnancy and lactation.

What side effects might I see with Reconcile?¹²

The most common adverse events reported in decreasing order of reported frequency are: decreased appetite (including anorexia), lethargy, urinary tract disorders (cystitis, urinary incontinence, urinary retention, stranguria), incoordination or disorientation, weight loss/loss of condition or mydriasis, panting, seizures and vomiting. In order to minimise the risk of adverse effects the recommended dose should not be exceeded.

Can I use Reconcile® alongside other medications?¹²

Reconcile® should not be given concomitantly with veterinary medicinal products that lower the seizure threshold (e.g. phenothiazines such as acepromazine or chlorpromazine).

Do not use the product in conjunction with other serotonergic agents (e.g. sertraline) and monoamine oxidase inhibitors (MAOIs) [e.g., selegiline hydrochloride (L-deprenyl), amitraz] or tricyclic amines (TCAs) (e.g. amitriptyline and clomipramine).

A 6-week washout interval should be observed following discontinuation of therapy with Reconcile® prior to the administration of any veterinary medicinal product that may adversely interact with fluoxetine or its metabolite, norfluoxetine.

Additionally the SPC states¹²: "Fluoxetine is largely metabolised by the P-450 enzyme system, although the precise isoform in dogs is unknown. Therefore, fluoxetine should be used with caution with other veterinary medicinal products." Reconcile® chewable tablets have not been evaluated with drugs that affect the cytochrome P450 enzyme system. Reconcile® chewable tablets should be used with caution when co-administered with any drug that affects the cytochrome P450 enzyme system (for example, ketoconazole).

Do I need to regularly check bloods for a patient on Reconcile®?¹²

There is no requirement on the Reconcile® SPC to regularly check any haematological or biochemical parameters for patients on Reconcile®. Reconcile® caused no marked or consistent effects on haematology, blood chemistries or urinalysis in a one-year safety study in dogs.¹¹ As for any patient receiving medication, professional judgment should be used in monitoring the patient for response to therapy and for adverse reactions.



Prescribing information:

Presentation: Speckled, tan to brown round chewable tablets. **Uses:** As an aid in the treatment of separation-related disorders in dogs manifested by destruction and inappropriate behaviours (vocalisation and inappropriate defecation and/or urination) and only in combination with behavioural modification techniques. **Dosage and administration:** Reconcile® should be administered orally at a once daily dose of 1 to 2 mg/kg bodyweight according to the dosage table below:

BODYWEIGHT (KG)	TABLET STRENGTH (MG)	NUMBER OF TABLETS PER DAY
4 - 8	Reconcile 8mg tablet	1
> 8 - 16	Reconcile 16mg tablet	1
> 16 - 32	Reconcile 32mg tablet	1
> 32 - 64	Reconcile 64mg tablet	1

Clinical improvement with the product is expected within 1 to 2 weeks. If no improvement is noted within 4 weeks, case management should be re-evaluated. Clinical studies have shown that a beneficial response has been demonstrated for up to 8 weeks treatment with fluoxetine. Reconcile tablets may be given with or without food. The tablets are flavoured and most dogs will consume the tablet when offered by the owner. If a dose is missed, the next scheduled dose should be administered as prescribed. At the end of treatment it is not necessary to taper or reduce doses because of the long half-life of this veterinary medicinal product.

Contra-indications, warnings, etc: Do not use in dogs weighing less than 4 kg. Do not use in dogs with epilepsy or in dogs with a history of seizures. Do not use in case of hypersensitivity to fluoxetine or other Selective Serotonin Re-Uptake Inhibitors (SSRIs) or to any of the excipients.

Special precautions for use in animals: The safety of the product has not been established in dogs less than 6 months of age or weighing less than 4 kg. Though rare, seizures may occur in dogs treated with Reconcile. Treatment should be stopped if seizures occur.

Special precautions to be taken by the person administering the veterinary medicinal product to animals: In case of accidental self-ingestion, seek medical advice immediately and show the package leaflet or the label to the physician. In humans, the most common symptoms associated with overdose include seizures, somnolence, nausea, tachycardia, and vomiting.

Adverse reactions (frequency and seriousness):

To minimize the risk of adverse reactions, the recommended dose should not be exceeded.

- Decreased appetite (including anorexia); lethargy (very common).
- Urinary tract disorders (cystitis, urinary incontinence, urinary retention, stranguria); central nervous system signs (incoordination, disorientation) (common).
- Weight loss/loss of condition; mydriasis (uncommon).
- Panting, seizures, vomiting (rare).

The frequency of adverse reactions is defined using the following convention:

- very common (more than 1 in 10 animals treated displaying adverse reaction(s))
- common (more than 1 but less than 10 animals in 100 animals treated)
- uncommon (more than 1 but less than 10 animals in 1,000 animals treated)
- rare (more than 1 but less than 10 animals in 10,000 animals treated)
- very rare (less than 1 animal in 10,000 animals treated, including isolated reports)

Overdose: At doses in excess of the recommended dose, observed side effects at the therapeutic dose, including seizures, are exacerbated. In addition, aggressive behaviour was observed. In clinical studies these side effects were stopped immediately upon intravenous administration of a standard dose of diazepam.

Pharmaceutical precautions: Keep out of the sight and reach of children. Do not store above 30 °C.

Legal category: UK: POM-V IE: POM.

Marketing Authorisation Holder: Forte Healthcare Ltd, Stamullen, Co. Meath, Ireland.

Marketing authorisation numbers: EU/2/08/080/001 – 004.

Detailed information on this veterinary medicinal product is available on the website of the European Medicines Agency (<http://www.ema.europa.eu/>).

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For more information on Reconcile, owner support information, CPD and practical video guides visit www.reconcilefordogs.com.



Reconcile®

CHAOS TO CALM

- ONCE-A-DAY, FLAVOURED, CHEWABLE TABLET – easy to administer for optimal compliance
- REDUCES DISTRESS FOR BOTH PET AND OWNER- strengthening the human-animal bond
- Comprehensive owner support materials and CALM® behaviour modification programme – for best results



Our veterinary team are available to provide advice and further information. If you have any questions about **Reconcile®** or a case you would like to discuss please contact a member of the Forte Veterinary Team by email: vets@fortehealthcare.com or by phone: **IE:** 01 8417666 or **UK:** 01292 800013.

Forte Healthcare Ltd, marketing authorisation holder of Reconcile® chewable tablets for dogs. Reconcile contains fluoxetine hydrochloride. UK: POM-V, IE: POM. Further information available in the SPC or from Forte Healthcare Ltd.

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