



# WENSUM VALLEY VETS NEWSLETTER



## Postage

Due to a number of medication requests not being received after leaving the practice, we will now be posting items over the value of £50 by Royal Mail Signed For, which will incur a slightly higher postage charge. Alternatively, please feel free to call into the practice to collect medication requests during our opening hours.

## Invoice Payment

When settling invoices by BACS please could we ask the reference of 2254 is used along with the surname on the account registered with us. That way it prevents a delay in the payment reaching us. Just as a reminder the account details are:

**Account Name:**  
Independent Vetcare Ltd,  
**Account Number:**  
12724219  
**Sort Code:**  
40-42-18



## Sand Colic

### What is it?

Sand colic is abdominal pain (colic) secondary to ingesting sand. Due to its weight, sand ingested can accumulate in the bowel, causing irritation, intermittent pain, diarrhoea and sometimes, obstruction of the gut.

### What are the signs?

Dark diarrhoea, intermittent colic, lethargy, dullness, sandy poo, stretching abdomen

### The consequences of sand colic

If left untreated, sand in the bowel can cause significant pain and obstruction. It can also inflame the liver.

### Treatment

- Initially a vet will ask you some questions and examine your horse to try and establish a cause for their colic or diarrhoea



## Christmas Opening Hours

In order that you can get hold of us over the Christmas period our office will be open as follows - outside of these hours we will of course be offering our normal emergency service on 07850 230803

Friday 23rd December -  
8.15am-5.30pm

Saturday 24th December -  
8.30am-11am

Sunday 25th December -  
**Emergency Only**

Monday 26th December -  
**Emergency Only**

Tuesday 27th December -  
**Emergency Only**

Wednesday 28th December -  
8.15am-5.30pm

Thursday 29th December -  
8.15am-5.30pm

Friday 30th December -  
8.15am-5.30pm

Saturday 31st December -  
8.30am-11am

Sunday 1st January 2023 -  
**Emergency Only**

Monday 2nd January 2023 -  
**Emergency Only**

Tuesday 3rd January 2023 - as  
normal

- Medical treatment is provided with pain relief and Buscopan to relieve signs of discomfort
- An intensive course of psyllium husk may be recommended and box rest/removal from sandy pasture to allow the bowel time to recover and resume normal movement
- If signs do not resolve, a nasogastric tube (tube from nose to stomach) is used to give psyllium husk, salts and oils to help break up the sand and allow it to pass
- In extreme cases surgery is required to remove the sand and resolve abdominal problems caused by it (this is rare)

## Prevention

- Take extra care on sandy soil when grazing is sparse
- Avoid overstocking and overgrazing fields
- Feeding hay from the floor if the horse is turned out in a field or in a sand manège
- Feed psyllium husk at regular intervals
- This is available in powder or pellet form (SandAid) to add to feed
- Feed 1g per 1kg of your horse's body weight ie. 500g per day for a 500kg horse
- This can be done as frequently as once a month for 7 days at a time all year round
- Monitor your horse's faeces by conducting a 'sand test'
  - ✦ In a glove break up a nugget of poo
  - ✦ Add 500-1000ml of tap water
  - ✦ Leave to settle for 10-15mins
  - ✦ Feel for hard grains of sand in the fingertips of the glove



**Merry Christmas from  
the whole team at  
Wensum Valley Vets !**

