Although life recovery well from dehydration and exhaustion, Adam concluded. She noted that complications typically do not hinder

to a hospital when:

- Monitoring horses' serum electrolytes, serum chemistries, and complete blood count results. She noted that affected horses sh

A dehydrated horse could have other internal problems that influence his prognosis typically resolves when fluid and electrolyte balances return to normal.

Due to related ileus (lack of gut motility). Exertional ileus is a common GI side effect of dehydration and exhaustion, Adam

Stressed). Her first choice for IV fluid is 0.9% normal saline with added potassium and possibly calcium, but any polyionic i

might require up to 60 to 80 liters of fluid over a six to 12 hour period to effectively rehydrate (“Don't be afraid of givin

Begin fluid replacement as soon as possible. Adam said one of the first things a veterinarian should do is place an intravenou

and it off again to prevent it from becoming an insulator as it warms. Use fans to help cool the horse that's inside, and bring a

use water with ice in it or add isopropyl alcohol (rubbing alcohol) to the icy water, which helps cool the water more efficie

If applicable, remove any and all tack, blankets, leg wraps, etc., and apply "copious volumes" of cold water all over the hor

should be turned to cooling and rehydrating the horse.

If the horse is mid

Management Techniques

Adam said if she sees horses exhibiting a combination of severe dehydration and any of the aforementioned signs, typically sh

Blood plasma becomes more concentrated, leaving us feeling thirsty

Horse sweat is isotonic and comprised largely of water, sodium, potassium, and chloride, making it similar to horses' blood p

"Muscular activity is the best engine ever designed," Adam began, in her overview of sweating's purpose and effects. However,

Why Sweat?

Research Center, described ways veterinarians can manage severe dehydration and exhaustion in the field setting.

Horses can lose up to 15 liters of sweat per hour during strenuous exercise, leaving them in a precarious metabolic balan

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By Erica Larson, News Editor

They develop respiratory distress, cardiac arrhythmias, or signs of colic; and/or

They do not urinate after receiving roughly 40 liters of IV fluid;

They do not respond to therapy after several hours.

Excessive sweating (and associated electrolyte and isotonic fluid loss);

Anxiety and muscle twitching or, in severe cases, a lack of responsiveness;

Rhabdomyolysis (tying

Synchronous diaphragmatic flutters (commonly called "thumps," analogous in some respects to hiccups);

Kidney dysfunction.