



Mistletoe Injection Instructions

Mistletoe is given under the skin in weekly increasing amounts. You may see some mild reactions to the injections that will help guide our changes in dosing. Local reactions may appear as a small bump at the injection site that may be tender, hot, red, or swollen. Systemic reactions may appear as lethargy, or in some cases, a slight fever. We will help guide you with dosing instructions for your pet depending on how it reacts.

Every pet will react differently, so it is important to monitor your pet closely. We suggest checking both the injection site and note your pet's behavior, especially the day after an injection. Most reactions will appear 12-24 hours after an injection. If your pet is acting lethargic, we recommend taking its temperature. See **TEMP-TAKING** below for more information on taking your pet's temperature and what values are considered fever.

The injections are to be given **3 times per week**, such as Monday, Wednesday and Friday, and may be given any time of the day. Each syringe and needle should be used only **once** and then discarded. **We recommend you keep your mistletoe in the fridge between uses only to help reduce its risk of contamination. The product itself isn't harmed by hot or cold, or even freezing.**

DOSING – Before you begin, acquire the mistletoe type, dilution, and starting dosage from the tube.

1. Choose the scenario below (a, b or c) that applies to you. Only **ONE** of these situations will apply to you:
 - a. **New Mistletoe User** –Your first tube of mistletoe. Hooray! You can do it and we'll show you how here:
 - i. **Read: Mistletoe Injection Examples sheet** - This PDF sheet further illustrates the incremental dosing via examples. If it wasn't included in your order, you can find it here: https://ahavet.com/Mistletoe_Instructions/
 - ii. **Watch: Mistletoe Instructions video** - Dr. Judy recorded this video for newbies like you! If it wasn't already emailed to you, you can find it here: https://ahavet.com/Mistletoe_Instructions/
 - iii. **Give Your First Dose** - **Give the starting dose (printed on tube) for 1 full week (3 injections)**. Record each injection on the Mistletoe Injection Log, located on the back of this sheet. Then continue at step 2 below.
 - b. **Continuing Mistletoe user AND either the type or dilution HAS changed from your previous tube** – Your pet will start over at the new starting dose provided on the new tube label. **You will give the new starting dose (printed on the tube) for 1 full week (3 injections)**. Record each in the Log. Then continue at step 2 below.
 - c. **Continuing Mistletoe user AND both the type and dilution are the same as your previous tube** – Ignore any starting dose on the tube (if there is one) and continue dosing according to the progression you've recorded on your log sheet. You're starting wherever you left off on your log sheet. Then continue at step 2 below.
2. If no reaction has occurred, increase the dose by the amount indicated on the tube, and then **give that new dose for the next full week (3 injections)**. Record each dose given in the Log. Each week, continue to increase the previous week's dose by the increase amount.
3. If you see a reaction, give the current dose for an additional week (3 injections). If the reaction subsides, you may then resume the weekly dose increases as originally instructed. **Don't increase if your pet is reacting.**
4. If there is a more profound reaction such as pain at the injection site, severe lethargy, or a **temperature of over 103F**, please check in with us and we will likely decrease the dose for the next few injections.

TEMP-TAKING – The action of mistletoe on the body may cause a slight fever. Mistletoe fevers are never dangerous; they are, in fact, part of the healing process. We just don't want your pet to be uncomfortable for an extended period. It is even ok if your pet misses 1-2 meals, as long as it is drinking water or broth.

The normal temperature for each pet will vary slightly. **The average range for both dogs and cats is between 100 and 102 degrees F.** Cats will tend to run at the higher end of this range. It is a good idea to take a few baseline temperatures **before** beginning mistletoe therapy so you know what is 'normal' for your pet. It is best to get the baseline temp first thing in the morning before your pet eats, drinks or exercises as these may raise the body temperature.

We recommend a standard digital thermometer for taking the temperature. Use it to **take the temperature rectally**. If the temperature is 103 or less, just let your pet rest and we will likely not increase the mistletoe dose until the temp drops a bit, **but you will keep giving the injections**. If the temp is between 103-105F, we will likely decrease the dose for the next injection. If the temp is 105 or above you can gently cool your pet by spraying or sponging cool water on the hairless areas of the belly.

We will help you make the necessary changes in the treatment protocol; just let us know what temperature your pet is at. Mistletoe fevers should never last more than 24 hours. If your pet has a persistent fever, there may be another factor and it should be checked by your local veterinarian.

