

KETOTIFEN

OTHER NAMES...

Apo-Ketotifen, Novo-Ketotifen, Zaditen, Zaditor

WHAT IS IT?

Ketotifen is a prescription medication (obtainable from many compounding pharmacies) useful for food sensitivities and 'leaky gut.' Commonly used in eye drops to help with allergic reactions, Ketotifen in an oral capsule or oral solution can be helpful in blocking histamine reactions to foods in the intestinal tract. This allows for mucosal healing to take place overtime.

DOSING

- Adults and children 3 years of age and older - typical dose is 1 milligram (mg) three times daily, 30 minutes before meals.
- For some adults, upwards of 2mg three times daily is needed.
- Infants and children from 6 months to 3 years - typical dose is $\frac{1}{4}$ to $\frac{1}{2}$ mg three times daily 30 minutes before meals.

DURATION OF TREATMENT

6 months or longer may be needed for full benefits. It is suggested to implement for minimally a 2 month trial to see if clinical benefits are recognized, i.e. reduced bloating, cramping, and pain after eating.

SIDE EFFECTS

Ketotifen can cause drowsiness. One option is to start with one dose before one meal, i.e. dinner for 48 to 72 hours to allow for improved tolerance. Then add a second dose before another meal, i.e. lunch. Finally, the third dose can be implemented after drowsiness is no longer an issue.



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SPECIAL PRECAUTIONS

Epilepsy and diabetes. It is recommended to be cautious with Ketotifen if a patient has one of these conditions, although problems are rarely seen.

Ketotifen is available from a number of compounding pharmacies, but you need a medical prescription for it.

