**Colic prevention**
Effective colic prevention relies on good digestive health. Use the following ten steps to maintain proper function of your horse's digestive system and help prevent colic. However, any immediate change to your horses diet, exercise, or daily routine can also cause colic and, therefore, needs to be gradual.

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| #1 | Feed a high quality, roughage-rich diet. Grass is best, followed by hay. Grass or hay should always be available. Feed smaller amounts of grain unless work demands or your veterinarian suggests more. |
| #2 | Mimic natural grazing schedules by feeding two or three smaller portions of grain throughout the day, as opposed to one single feeding that overloads the digestive tract. |
| #3 | Offer fresh, clean water at all times. Use stock tank cleaners to keep troughs clean and free from insects. Hang a [water bucket](http://www.drsfostersmith.com/product/prod_display.cfm?pcatid=25592) in your horse stall and fill it daily to encourage your horse to drink. |
| #4 | Regularly deworm your horse with a suitable Ivermectin-based [wormer](http://www.drsfostersmith.com/horse-supplies/horse-wormers/ps/c/15498/15506). In addition, pyrantel-based [continuous wormers](http://www.drsfostersmith.com/horse-supplies/horse-wormers/ps/c/15498/15506) may also help control internal parasites. |
| #5 | Offer frequent, if not continual, pasture turnout. Daily exercise is very important. If necessary, build an electric horse fence to help contain your horse while he exercises and plays in the pasture. |
| #6 | Use [feed pans](http://www.drsfostersmith.com/product/prod_display.cfm?pcatid=25628) to lift feed away from sand and other contaminants but still mimic natural, heads-down grazing postures. Elevated wall feeders lift equine food even farther off the ground. |
| #7 | Use [manure forks](http://www.drsfostersmith.com/product/prod_display.cfm?pcatid=16420) and suitable [buckets](http://www.drsfostersmith.com/Product/Prod_Display.cfm?pcatid=15751) to muck stalls frequently. Also harrow pastures to break up manure and help break the parasite life cycle. |
| #8 | Remove noxious weeds and other indigestible substances from hay, bedding, and pasture grass. Suitable perimeter sprays and [traps](http://www.drsfostersmith.com/horse-supplies/insect-control-fly-spray/fly-traps-trough-protection/ps/c/15498/15510/16456) can kill insects before they invade your horse's hay or stall bedding. |
| #9 | Arrange for regular dental check-ups. Properly aligned teeth are better at chewing food, which leads to improved digestion and less chance of impaction. |
| #10 | Use [digestive supplements](http://www.drsfostersmith.com/horse-supplies/digestive-aids-supplements/ps/c/15498/15622) to promote beneficial bacteria growth, bulk up fiber intake, and improve digestive health. Some, such as [SandClear™](http://www.drsfostersmith.com/Product/Prod_Display.cfm?pcatid=15977), are even formulated to help flush sand out of your horse's digestive tract. [Calming supplements](http://www.drsfostersmith.com/horse-supplies/calming-aids-supplements/ps/c/15498/15621) can also help reduce anxiety that can lead to digestive stress during travel. |

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