



Allergy Treatment Worksheet

- Please see the “Allergy Investigation Questionnaire” form for information concerning allergies in pets and the diagnosis of these allergies.
- If your pet has been diagnosed with potential allergies, a **multimodal treatment approach** is recommended to help manage this complex condition.
- **Treatment is lifelong** and must be managed all year long, or at least seasonally, depending on your pet’s specific allergens and the severity of his/her condition.
- Additionally, an allergy treatment plan that works for one pet may not help another pet, so it’s important to consult with your veterinarian concerning your pet’s specific treatment plan.

Topical Treatment:

- Shampoos help to wash allergens off your pet’s fur and can sooth skin irritation on contact.
- If a concurrent skin infection secondary to scratching is present, an antimicrobial +/- antifungal shampoo may be recommended: _____
- If no skin infection is suspected, then a gentle, soap-free shampoo may be recommended:

- Shampoos need 10 minutes of contact time prior to rinsing to be most effective.
- Frequency of bathing is dependent on your pet’s skin condition and allergy severity. We recommend bathing your pet every _____ days for _____ weeks, then every _____ days for maintenance.
- Topical sprays, mousses, and ointments are needed for some contact allergies or affected areas. Please apply _____ to affected area(s) _____ times daily for _____ days or until skin is healed.

Nutritional Approach:

- Pets with primary food allergies are often sensitive to certain protein types such as pork, chicken, beef, fish, etc.
- We suspect that your pet may be sensitive to _____.
- Even though your pet has been eating the same food for years, they can gradually or suddenly become sensitive to the protein in their food.
- Grain-free diets have been advocated in the past for food allergies. Grain-free diets are generally **NOT** recommended now due to recent studies that have shown some grain-free diets leading to heart issues in dogs. And in most cases, pets are allergic to the main protein type in their food, **NOT** to the grains in their food. For more information on this topic, please see the handout on our website titled “Grain-Free Food Dangers.”
- We recommend that your pet starts a strict 8 – 12 week food trial with either (circle one): z/d (hydrolyzed protein diet), d/d (novel protein diet), or Derm Complete (single egg-based protein diet).



- During this food trial, no other pet foods, flavored medications, human foods, or treats can be offered. If your pet accidentally consumes a different type of food, the trial must be restarted.
- If the above listed prescription food is unable to be purchased due to financial or availability concerns, an alternative over-the-counter pet food may be recommended such as _____, with duck, lamb, venison, and sometimes salmon (for dogs) as the main protein source.
- Before introducing this new prescription or over-the-counter diet, it is recommended that you transition your pet from his or her old food to their new food over 1 – 2 weeks by gradually increasing the amount of new food and decreasing the amount of old food fed as the week(s) progress(es) until only the new food remains. Once your pet is completely transitioned onto the new food, then the 8 – 12 week food trial begins. For more information on pet food transitions, please see the handout on our website titled, “How to Transition Your Pet Onto a New Diet.”
- If during this food trial your pet’s itchiness decreases, there is a high likelihood that your pet has food allergies and should remain on his or her special diet.
- Once the food trial is complete, it may be beneficial to add-in fish oils or omega 3-6-9 fatty acids to your pet’s diet. We recommend _____ at a dose of _____ considering your pet’s current weight. Even dogs and cats with primary environmental allergies can benefit from fish oils and omega 3-6-9 fatty acids, which are natural anti-inflammatories.

Medication Options for Pruritis (Itchiness):

- In addition to treating allergy patients topically and nutritionally, they often need a primary medication to help decrease their itchiness.

Tier 1 Medications – For Mild Environmental or Contact Allergies

- This tier includes antihistamines.
- Some pets respond better to one antihistamine over another, and some pets need antihistamines in addition to Tier 2 Medications.
- We recommend trying _____ at a dose of _____ tablet(s) by mouth _____ times daily. These are _____ mg tablets.
- If no improvement on this medication, please contact Ely Veterinary Care (EVC) for alternative options and/or a recheck exam.

Tier 2 Medications – For Moderate to Severe Environmental Allergies

- This tier includes specific, generally safe immunosuppressant and immunotherapeutic medications targeted toward environmental allergies in dogs.
- Your pet may respond better to one medication over another in this tier.



- Hyposensitization injections or drops formulated after an initial intradermal skin allergy test or blood allergy test fall into the tier 2 category as well.
- We recommend that your pet see a veterinary dermatologist with _____ for an intradermal skin allergy test. Alternatively, we recommend sending off a blood allergy test on ___ / ___ / ___, and we will contact you with the results.
- Due to you and your pet's lifestyle, we recommend starting with _____ at this dosing/treatment schedule:

_____.
- We recommend a recheck appointment on ___ / ___ / ___ at _____ a.m./p.m. to see how your is responding to the medication(s).
- If your pet does really well with the tier 2 medication(s), we will recommend annual bloodwork to make sure your pet is responding well to the treatment plan and free from any rare but potential side effects.

Tier 3 Medications – For Severe Environmental Allergies

- Tier 3 Medications include potent immunosuppressant medications that may have long-term side effects and are generally reserved for more severe, chronic allergic conditions which do not respond to Tier 1 and Tier 2 Medications.
- Before a Tier 3 medication is prescribed, bloodwork must be performed to screen for potential underlying conditions such as a smoldering infection, liver impairment, or kidney dysfunction, which could hinder the absorption and elimination of Tier 3 drugs from your pet's body, leading to negative side effects and potential worsening of your pet's condition.
- If bloodwork comes back clear, we recommend starting your pet on _____ at a dose of _____

_____.
- After being on this Tier 3 medication for _____ days/weeks/months, we will recommend repeat bloodwork to make sure your pet is still safe taking this medication before any refills are given.
- The goal is to get this Tier 3 medication to the lowest effective dose that keeps your pet's symptoms at bay.



Additional Medications or Treatments:

- If a moderate to severe skin infection is present secondary to your pet scratching him/herself, we will recommend oral antibiotics. Please give _____ at _____ dose until gone or until your pet's scheduled recheck appointment on ___ / ___ / ___ at _____ a.m./p.m.
- It is important that your pet finishes their antibiotic prescription completely to avoid antibiotic resistance issues.
- If your pet has a concurrent ear infection, we may prescribe these ear medications:
 - _____ flush in _____ ear(s) _____ time(s) daily for _____ days.
 - _____ ointment – Place _____ drops in _____ ear(s) 30 minutes after flushing _____ time(s) daily for _____ days.
 - _____ was placed in _____ ear(s) today.
- If your pet has been scooting on the ground or licking his/her rear a lot, he/she may need their anal glands expressed.
 - Recommend repeat anal gland expression in _____ weeks/months.

Recheck appointment needed on ___ / ___ / ___ at _____ a.m./p.m.

- As noted above, allergies are a complex and dynamic condition that must be approached from many different angles to have the best outcome for your pet.
- If you have any further questions or concerns about your pet's allergy treatment plan, please contact Ely Veterinary Care. Thank you.

*To order your pet's allergy medications, please call us or use the link to our online pharmacy at <https://elyvetcarepllc.securevetsource.com/index.pml>.