

# FOOD ELIMINATION DIAGNOSTIC TEST: SET UP FOR SUCCESS



A successful trial has several components and the definition of success is to determine a yes or no answer to the question: **Does my pet have a food allergy?**

## Three components of an effective food elimination trial:



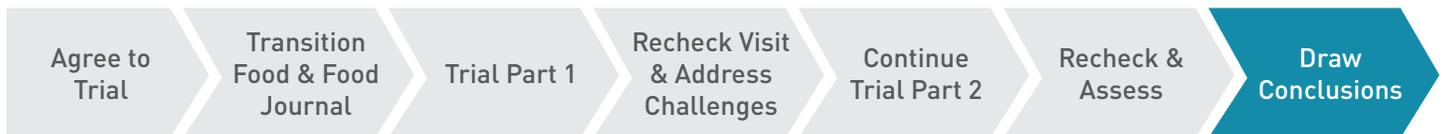
Engaged Team  
(veterinary and family)



Restriction Diet



Veterinary Follow-up



Steps/Date	Complete the plan
<input type="checkbox"/> Start _____	Confirm (via cytology) and treat any underlying infection that may confuse results (bacteria, parasites, fungus, or yeast). Treat itching and inflammation if appropriate and initiate treatment for any infectious process. Book dates for 2 week touchbase and 1 month recheck.
<input type="checkbox"/> Week 1 _____	Transition to new food over 1 week (up to 3 weeks in cats). Journal the pet's symptoms and all that "touches" the lips of your pet. This will help to find where challenges may arise and allow the team to help find solutions during the trial period.
<input type="checkbox"/> Week 2 _____	Touchbase (phone or visit) to ensure transition went well and consider solutions to potential challenges identified in week 1 of the trial. Confirm that concurrent treatments are going well.
<input type="checkbox"/> Week 4 _____	Recheck examination with your veterinarian. If treating infection, cytology to confirm skin flora is normalizing. Discuss any challenges with trial compliance. Update weight and body condition score. Book date for 1 month recheck examination.
<input type="checkbox"/> Weeks 5-7 _____	Continue on restriction diet, but now discontinue additional antimicrobial/anti-itch medication (if possible).
<input type="checkbox"/> Week 8 _____	Recheck examination with your veterinarian. Cytology to confirm skin flora remains normal. Update weight and body condition score. Determine with veterinarian if results of diagnostic elimination trial were considered a positive or a negative.



Test result	
<input type="checkbox"/> Positive (>50% improvement)	Your pet likely has a food responsive skin disease. Consider provocation trials if appropriate.
<input type="checkbox"/> Negative	Your pet may not have food responsive disease or may have mixed environmental and food allergies. Develop ongoing plan +/- consider environmental allergen testing +/- referral to dermatologist.

# ALLERGY ASSESSMENT CALENDAR

DATE	DATE	DATE	DATE	DATE	DATE	DATE
						
						
						
						

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Notes:

## Legend



Itch Score



Food/Amount



Medication/Dosage



Fecal Score

In partnership with

