



Hydrolyzed Diet Trial Instructions

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The following instructions cover how to perform a food trial with your dog—please follow them if we have specifically recommended you do so. If we have not, but you are concerned about a potential food allergy, please contact our office to arrange a consultation.

The following instructions **should be followed for at least 2-3 months.**

Food

We will help you select **ONE** of the following diet options; all are acceptable in either canned or dry form:

- Hills Science Diet Z/D
 - Hills Science Diet Z/D Ultra
 - Purina HA
 - Royal Canine HP
 - +/- Treats: ONLY those listed as 'compatible with Z/D / HA / HP' are acceptable
- *Note: many dogs will have smaller and darker feces while on a hydrolyzed diet; this is normal.

DO NOT FEED ANYTHING OTHER THAN THE ABOVE FOOD!!!!!!!!!!!!

- This means your pet may NOT have ANY of the following: table food, treats, rawhides, bully sticks, human food, home-cooked food, supplements, fish oils, or *anything else* other than the prescribed diet.
- This sounds obvious—but it is where diet trials often fail. Make sure everyone involved in your pet's care is aware of this rule—dog walkers, pet sitters, children, in-laws, day care centers, even the staff at our hospital—make sure no one is giving your pet anything to eat without your knowledge!

(Note: these are prescription diets and are not available at pet stores; we recommend ordering through PetPortal, which works with reputable distributors and offers home delivery; there is a link to their site on our homepage).

Parasite Preventatives

These are a critical part of allergy management. Imagine how frustrating it would be to have all your hard work derailed by a flea bite!

- Flea and tick preventative—this should be applied topically once a month year round. We recommend and use Vectra.
- Heartworm preventative—your pet will need to be on a special, topical version of heartworm preventative while on a food trial; the brand is Revolution, and it can be ordered through the same link as the food above. Do not give oral heartworm preventatives as they contain flavorings that may interfere with the trial!
- Please STAGGER THE APPLICATION of these two topical medications by 2 weeks; for example, apply one on the 1st of the month and the other on the 15th.

Additional Treatments – It is critical that any other health issues, including current skin or ear infections, be treated aggressively at the start of the food trial. In some cases we may also recommend additional medications to address the allergy, such as antihistamines, special shampoos and/or conditioners, antibiotics, etc.

If you have any questions or concerns during your pet's food trial, do not hesitate to call us!