

### VCA-AVAH Dermatology Service Food Trial Instructions

- Dr. McKay has recommended use of a limited ingredient novel protein diet such as Royal Canin Select Protein KO (Kangaroo and Oat), Rayne Clinical Nutrition Rabbit, Crocodilia, or Kangaroo diets, Blue Buffalo NP (Alligator) OR a hydrolyzed diet such as Royal Canin Ultamino.
- The diet trial lasts 8+ weeks. *It can take 5 weeks to see initial benefit of the diet and the full 8 weeks for most pets to respond fully.*
- Gradually phase in the new food trial diet as instructed.
- Do not give any people food, dog/cat treats, or flavored toys (including rawhides) during the diet trial. Ask your doctor about alternatives to flavored medications such as heartworm prevention, arthritis medications, toothpastes and medications in gelatin capsules.
- Heartworm prevention can be changed to non-flavored Heartgard Tablets or topical Revolution per doctor instructions.
- Please recheck or call monthly during the diet trial as recommended by Dr. McKay.

### Treat options for dogs/cats on diet trial:

Technician/Doctor will let you know which are appropriate:

**DO not add any treats if on the Royal Canin Ultamino diet.**

- 1) Plain baked or mashed potato (white, red or sweet potato), pumpkin or squash. Do not use instant potatoes as they often contain additional food ingredients.
- 2) Rabbit meat- cooked without oils or flavoring; verify it is pure rabbit.
- 3) Kangaroo, Alligator or Rabbit Jerky (treats must contain only novel meat).
- 4) Sweet potato rawhides.

Many diets and treats can be purchased online. The website for Rayne Clinical Nutrition is [www.raynenutrition.com](http://www.raynenutrition.com). The website to order the Blue Buffalo food is <https://www.bluevet.com/>. You can order Royal Canin KO diet at various websites including Chewy.com.

Please read the label of ANY treat or diet carefully to ensure that no other protein or carbohydrate sources besides the ingredients in your novel protein/carbohydrate diet are in any commercial product. If you have any questions, please contact the dermatology service via phone at (630) 963-0424 or email [AVAH.dermatology@vca.com](mailto:AVAH.dermatology@vca.com). Thank You!



**Diet Trial Timeline**

1. Below is a table to chart your pet’s progress as you proceed through the food trial.
2. Please rate your pet’s skin lesions as none, mild, moderate or severe.
3. Please rate your pet’s itchiness as none, mild, moderate or severe.
4. We recommend either a progress call or recheck appointment monthly during the diet trial.
5. If your pet does not improve at the end of the food trial, then further allergy work- up will likely be recommended.

Time	Pet’s lesions	Pet’s itchiness	Comments
Day 0- initial appointment			
Week 1			
Week 2			
Week 3			
Week 4			*Recheck or call with update*
Week 5			
Week 6			***
Week 7			***
Week 8			*Recheck or call with update*
Week 9			
Week 10			
Week 11			
Week 12			*Recheck or call with update*

\*\*\* Initial improvement may be seen by week 5, full benefit typically seen between weeks 8-12 if food allergy present \*\*\*