



Template: Dog Allergy Identification Checklist

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Based on Article: "Identifying Food Allergies in Dogs and Nutritional Solutions"

Website: <https://therenownedhound.com>

A practical checklist to help identify and manage food allergies in dogs.

Checklist Items:

- ☐ **1. Monitor Symptoms**
Keep track of any signs such as itching, ear infections, and digestive issues. Note the timing and frequency of these symptoms to identify patterns.
Reference Section: Recognizing Symptoms: Skin, Ears, and Digestive Signs
- ☐ **2. Conduct a Clinical History**
Review your dog's health history to rule out external causes like fleas or environmental allergies.
Reference Section: Understanding Dog Food Allergies: Basics and Causes
- ☐ **3. Implement an Elimination Diet**
Choose a single novel protein or hydrolyzed formula for an 8-12 week period. Ensure no other treats or food are given during this time.
Reference Section: Typical diagnostic approach
- ☐ **4. Observe for Improvement**
During the elimination diet, watch for a reduction in symptoms. Improvement suggests a potential dietary cause.
Reference Section: Understanding Dog Food Allergies: Basics and Causes
- ☐ **5. Rechallenge with Original Diet**
After the elimination diet, reintroduce the original diet or suspected ingredient. Watch for any return of symptoms to confirm a food allergy.
Reference Section: Typical diagnostic approach
- ☐ **6. Record All Findings**
Document any changes in symptoms, diet, and overall health to help in discussions with a veterinarian.
Reference Section: Understanding Dog Food Allergies: Basics and Causes
- ☐ **7. Consult with a Veterinarian**
If symptoms persist or worsen, seek advice from a veterinarian or a specialist for further testing and personalized management strategies.
Reference Section: When to Seek Veterinary or Specialist Help

- ☐ **8. Consider Long-Term Management**
Discuss with your veterinarian about long-term dietary solutions to prevent recurrence of symptoms.
Reference Section: Long-Term Management and Preventing Recurrence