

International Center for Veterinary Services 北京新天地国际动物医院

ICVS Dermatology Service

北京皮肤科服务

FOOD ALLERGY-- Diet Trial

## Instructions

### 食物过敏—饮食实验指导

We are concerned that your pet' s skin condition may be related to an ingredient (or ingredients) in your pet' s diet. ☐ Animals can become very sensitive to certain ingredients in their diets (frequently beef products, dairy products, grains, and/or preservatives). ☐ These ingredients are common to most pet foods, so changing brands or flavors doesn' t usually help. Many new pet foods are released each year promising that they contain “novel proteins” or are “hypoallergenic.” ☐ Unfortunately, these diets are not completely reliable for diagnosing a food allergy. ☐ Also, there are no reliable blood tests available to diagnose a food allergy. ☐

Food allergies can begin at any time in an animal' s life, and so far research has been unable to determine what causes or triggers these allergies. ☐ Fortunately, animals with food allergies can be greatly helped by being placed on diet specifically designed to address their individual sensitivities. ☐

我们担心您宠物的皮肤健康状况与您宠物的饮食成分有关。动物可能会对它们食物中的某种成分非常敏感（通常牛肉类产品，奶制品，谷物，和/或防腐剂）。这些都是宠物食品中普遍的成分，所以改变品牌或口味通常没有帮助。每年都有新推出的宣称含有“新蛋白”或“低敏”的宠物食品。不幸的是，这些食品对于食物过敏的诊断并不完全可靠。并且，现在并没有适合检测食物过敏的血液测试。食物过敏可能在一只动物生命的任何时间开始，目前为止的研究还不能决定是什么造成或引发了这些过敏。幸运的是，针对动物个体敏感特殊设计的饮食可以很大的帮助有食物过敏的动物。

Like humans, pets can also develop allergies to things that are inhaled and/or contacted (pollens, dusts, molds, etc.), making it virtually impossible to distinguish between food allergy and other allergies during your initial consultation. ☐ We normally recommend ruling out the possibility of food allergies first, which entails feeding the special diet described below. ☐ In order to diagnose and treat environmental allergies, further testing is necessary. ☐ These additional tests may be scheduled if there is no response to this dietary trial.

和人类一样，宠物也可能通过呼吸和/或接触（花粉，灰尘，霉菌，等），使得初检时通过观察很难区分食物过敏和其他过敏。我们通常建议使用以下的特殊食谱喂食以先将食物过敏的可能性排除。为了诊断和治疗环境过敏，需要更深入的检测。如果对饮食实验没有反应，需要进行附加的检测。

## INSTRUCTIONS指导

1. Prepare a diet of \_\_\_\_\_

\_\_\_\_\_ ☐ The ratio of \_\_\_\_\_ to \_\_\_\_\_ should be approximately \_\_\_\_\_.

2. The food items should be baked or boiled. ☐ DO NOT ☐ add seasonings, gravies,

sauces, etc. ☐

3. DO NOT ☐ add salt, butter, or margarine.

4. To start, feed as much (cup for cup) as you have been feeding previously. ☐  
Some pets on the special diets will still be hungry, so you may increase the amount if necessary.

5. Provide plenty of fresh water. ☐ The water should be boiled and cooled tap or bottled water only.

6. Make sure that your pet receives absolutely nothing else to eat. ☐ DO NOT give treats, snacks, table scraps, substances in gelatin capsules, etc. ☐ Raw hide and all other food based toys must be withheld.

7. Ensure that your pet does not "forage" for food (including leaves, grasses, etc.) outside. ☐ Do not leave your pet unattended outside, and leash walk your pet at all times.

8. If you have other pets, you may need to change their feeding habits for a few weeks to ensure that your allergic pet does not receive additional food.

9. Continue this dietary trial for a full ☐8☐to☐12☐weeks

10. It is a good idea to introduce this new diet gradually. On the first day, mix (on a volume basis) one-fourth of the new diet with three-fourths of the regular diet. ☐ On day two, mix the diets half and half. ☐ On day three, use three-fourths the new diet, and one-fourth the old diet. ☐ On day 4, begin feeding 100% new diet for ☐8☐to☐12☐weeks

11. If your pet is receiving a chewable heartworm preventive or any other type of medication or supplement, please inform us.

12. At the end of the ☐8☐to☐12☐week trial, please contact ICVS at 8456-1939/40 to give a progress report. Keep a calendar log of your pet's overall itch level ( ). ☐ If there has been improvement, then further recommendations will be made at that time. ☐ If there has not been any improvement, then please inform ICVS and we will help you and your pet with next phase of diagnosis and treatment.

准备由\_\_\_\_\_组成的食物。\_\_\_\_\_对\_\_\_\_\_的比例大约是\_\_\_\_\_

食物应被烤或煮。不要添加调味剂，肉汁，酱，等。

不要添加盐，黄油，或人造黄油。

开始时，按之前的喂食量喂食（以杯为计量）。一些特殊喂食的宠物会仍然觉得饥饿，所以你可能需要增加喂食量。

提供足量的淡水。水应该是经过煮沸的自来水或瓶装水。

确保你的宠物绝对没有别的东西可以吃。不要喂零食，剩饭，胶囊中的物质等等。狗咬胶以及其它可食用玩具也必须停止。

确保你的宠物不在外面（包括树叶，草，等等）“寻找”食物。不要把你的宠物留在外面不被照看，并且一直给你的宠物带项圈走。

如果你有其他宠物，你可能需要改变它们的饮食习惯以确保你的过敏的宠物不会接受其它食物。

持续这个饮食试验直至满8-12个星期。

最好逐渐地开始这个新食谱。第一天，混合（以体积为准）四分之一的新食物和四分之三的正常食物。在第二天，按各一半的比例混合食物。在第三天，混合四分之三的新食物和四分之一的旧食物。第四天，开始100%用新食物喂食4至6个月。

如果你的宠物正在接受可嚼的心丝虫预防或其他类的药物或营养品，请咨询我们。

在8至12周试验结尾时，请拨打8456-1939/1940

给ICVS一个进展报告。为您的宠物做一个记录整体发痒程度的日历。如果有改善，那么进一步的建议会在此时给出。如果没有任何改善，那么请咨询ICVS，我们会帮助您和您的宠物进行下一步的诊断和治疗方案。

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Tel: (8610) 8456-1939/1940; Email: [reception@ICVSASIA.com](mailto:reception@ICVSASIA.com) ; [www.ICVSASIA.com](http://www.ICVSASIA.com)

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