

## **What To Expect For IDST**

### **Why Is It Needed**

The doctor has examined your pet and determined that the next course of action should be an intradermal skin test. The doctor has confirmed a diagnosis of atopy (environmental allergies) based on your pet's history, clinical signs and diagnostic test results. An intradermal skin test will help up identify the offending allergens which cause a problem for your pet. It will also help us determine which allergens we will need to include in your pet's allergy serum, if needed.

### **Length Of Time For The Procedure**

The intradermal skin test takes approximately 40-60 minutes from start to finish. It may take about 15-20 minutes for the sedative to take effect. After seeing the technician and/or doctor and signing the consent form, you may wait for your pet here or you can leave and return in approximately 1 hour and 15 minutes.

### **Details Of The Procedure**

Your pet is lightly sedated and is in a "twilight" kind of sleep. Your pet can typically be aroused with a loud noise and a breathing tube is not required. Your pet's vital signs are checked before the IV sedative is given and continuously during the entire length of the procedure. Once your pet is sedated, we will shave a patch of fur from the left side of the chest. The sites of injection for the intradermal test will be identified with a black marker. The allergens will be injected above and below each identified site. We will inject approximately 54 different allergens underneath your pet's skin. There is no special care needed for the testing site, however we will ask you to place an old T-shirt on your pet for 2 days to prevent any scratching at the testing site. You will also be asked to monitor the test site for 2 days for any signs of a delayed reaction. A delayed reaction is characterized by an increase in redness or size of any reaction on the test after the test has been completed. The most common delayed reactions are noted with flea allergen, which is enclosed in the black box. Your pet may be a little groggy after the procedure but will be able to walk around and will be fully aware of his/her surroundings. Your pet will also be given a reversal agent that will help him/her recovery quicker. Please call us if you have any questions about your pet's recovery.

### **Things To Remember About Medications Prior To The IDST**

- All antihistamines should be discontinued 2 weeks prior to the IDST
- All short acting steroids should be discontinued 2-3 weeks prior to the IDST (Prednisone)
- All long acting steroids should be discontinued 6-8 weeks prior to the IDST
- Please continue to give all medications pertinent to your pet's health (thyroid meds, heart meds, Cyclosporine, etc)

### **Things To Remember The Day Before Your Appointment**

- No food after midnight, but your pet CAN HAVE WATER
- If your pet's procedure is scheduled for the afternoon (after 1pm), you can feed them breakfast around 7am and then fast them beyond that point

### **Things to Remember The Day of the Procedure**

- No food (if morning procedure)
- Please offer water; your pet needs to be hydrated
- Arrive on time for your appointment
- You will need to stay until you speak with the technician and/or doctor and sign the consent form
- Plan for your pet to be with us approximately 1-1.5 hours

- Bring a T-shirt for your pet to wear
- Special arrangements can be made in advance for your pet to stay the day, if needed

**Things To Remember After The Procedure**

- Follow the detailed instructions on your written discharge instructions
- Keep the T-shirt on for 2 days and call us if there are any delayed reactions
- Call this office if you have any questions or concerns