

INTRA-DERMAL SKIN TESTING (IDST)

What is intra-dermal skin testing?

Your pet has been diagnosed as having a condition called Atopic Dermatitis. Intra-dermal Skin Testing (IDST) is a diagnostic procedure that is used to determine what things in the environment (allergens) your pet is allergic to. The procedure involves shaving the hair over the side of your pet (approx 30 x 20 cm) and the injection of 0.05ml (a very small amount) of up to 50 allergens into the superficial layers of the skin and observing for any reaction (the needle used is just 0.4mm in thickness). The reaction that is observed is given a score between 0 and 4 (with 0 being no reaction and 4 being the most reactive.) It is using this scoring technique we are able to determine what your pet is most allergic to and what can subsequently be used to make up the immunotherapy vaccine that we will use to desensitise your pet, help change the course of disease and alleviate the clinical signs and improve your pets quality of life.

Does my pet have to be sedated?

It is necessary to use a light sedative to keep your pet's stress to a minimum and allow the test to be performed effectively with accurate results (stress will interfere with the test). The sedative used is reversible and your pet will be fully examined prior to administration of any sedative so that any other possible health issues are highlighted and appropriate actions are taken.

Are there any side-effects?

There are few side-effects. It is possible that there may be some itching at the some of the injection sites, this can usually be treated with cold compresses or an anti-inflammatory cream. Occasionally there is a delayed reaction where a raised reddened area can occur 6- 24hrs after injection, this is not of great concern to the patient and can be treated as above. Massive allergic reactions (anaphylaxis) are very serious and can occur but are very rare. This is the reason that we keep the pet with us for a few hours after the test. If after taking your pet home there are signs of raised skin lesions, increased itchiness, breathing problems, vomiting, diarrhoea, or anything else abnormal your pet should be re-examined immediately by a veterinary surgeon.

What preparations do I need to make prior to testing?

Due to the fact that a number of medications your pet may be on can interfere with testing the following drug withdrawal guidelines need to be followed;

- Oral corticosteroids (e.g. Prednisolone) to stop 4 weeks prior to testing.
- Injectable corticosteroids (e.g. Depomedrone) to stop 8 weeks prior to testing
- Antihistamines (e.g. Piriton, Atarax) to stop 2 weeks prior to testing
- Fatty acid supplements (e.g. Eicosa, Megaderm) only need to withdraw if your pet has been on them for >50 weeks prior to testing
- Advice will be given by your veterinary surgeon on the best way to achieve drug withdrawal. Please do not stop using any medications suddenly or without consulting your veterinary surgeon.

FOR FURTHER INFORMATION PLEASE CONSULT YOUR VET

皮下測試 (IDST)

什麼是皮下測試?

皮下測試是一個診斷方法去判斷及找出你的寵物對環境內哪一種致敏源有過敏反應。進行測試前，動物身體一邊的毛髮會被剃掉 (大概 30x20cm)，之後獸醫會注射約 50 種不同種類的常見致敏源到表層皮膚內，之後觀察任何敏感反應的發生。獸醫會因應不同程度的敏感反應而給予 0-4 的評分。(0=無反應, 4=非常強烈反應)。獸醫就是用這個方法去判斷你的寵物對什麼最敏感，從而配制過敏源減敏疫苗，以減低寵物的敏感反應及其病情，改善牠們的生活質素。

動物要被鎮靜嗎?

進行皮下測試時，動物需要被鎮靜，用以減低動物的壓力及緊張，避免影響測試結果。動物在被鎮靜之前會被全面檢查。假若身體有其他問題而不適宜被鎮靜的話，皮下測試便需要延遲。

有副作用嗎?

有些動物在注射位置會出現痕癢，這通常只是短暫性。有小部份動物在測試後 6-24 小時會出現紅腫，冰壓及消炎藥膏會有幫助。

嚴重過敏反應並不常見但情況可以很嚴重，例如會出現呼吸困難。因此我們通常會在完成測試後數小時，密切觀察動物的情況。假若你的寵物在回家後出現紅腫、嚴重痕癢、呼吸困難、嘔吐、肚痾或其他不適，請盡快給獸醫檢查。

測試前有什麼要準備?

有些藥物會影響測試結果，以下所列之藥物務必停止服用及使用。

- 口服類固醇 (例如: Prednisolone): 測試前 4 星期應停服
- 類固醇注射 (例如: Depomedrone): 測試前 8 星期應暫停
- 抗組胺劑/抗敏藥 (例如: Piriton,, Atarax): 測試前 4 星期應停服
- 脂肪酸補充劑 (例如: Eicosa, Megaderm): 無需停服, 除非服用超過 50 星期
- 你的獸醫會為你講解如何停止服用及使用這些藥物。請不要在不清楚的情況下隨便停用藥物

欲知道更多有關詳情，可請教你的獸醫