



My dog's itch plan

The one page that holds everything your vet told you



itchydog.vet

Dr. Steve Pelton, DVM



Fill this in with your vet, ideally at a calm visit. Copy the doses and directions straight from your vet's instructions and the medicine labels. This page is a place to write them down, not a place to guess them.

Dog: _____ **Weight:** _____ **Date:** _____ **Next review of this plan:** _____

Diagnosis so far (fleas, food, atopy, or a mix): _____

What's been ruled out, and when: _____

Workup so far:

☐ Fleas controlled ☐ Infection checked and treated ☐ Food trial and challenge done ☐ Atopy diagnosed

Current rung on the itch ladder (Chapter 11): _____ **Target itch score:** _____

The score that means "call": _____ (for most dogs, a 5 or higher for more than about two weeks)

His bad months (circle): Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Maintenance plan (what we do on ordinary days)

What	Details from my vet	Who's in charge
Daily or long-term itch control		
Diet (exact name; foods and treats to avoid)		
Ear cleaning (product, how often)		
Skin care between baths (wipes, sprays, other)		
Before the bad season starts (what, and when)		

Flare plan (what we do when he spills over)

What	Details from my vet
A flare for him means (score, spots, signs)	
Call the clinic when (vet's phone number)	
Medicines we keep at home and when we may use them	
See a vet the same day or next day when	



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Prevention, baths, medicines and rechecks



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Flea and heartworm prevention

Pet	Product made for this species and weight	How often	Day of the month it's due

Every pet in the house, all year. Some dog flea products are dangerous for cats.

Bath schedule

Shampoo: _____ How often: _____

Contact time: _____ minutes (lather, then wait before rinsing; Chapter 12) Water: lukewarm, not hot

Until: _____ (for an infection) or ongoing (for maintenance)

Medicines

Medicine	What it's for	How much and how often copy from the label	Who gives it	Refills and when to reorder	Start and stop dates	Notes side effects to watch

Lab work or monitoring needed for these medicines: _____

Medicine safety rules (the same rules as Chapter 13)

- **Don't stop, skip or double a dose on your own.** If you miss a dose, call your vet and ask what to do.
- **Don't restart leftover medicine** (steroids, antibiotics or anything else) without calling first. Leftover ear drops for a familiar ear flare are often fine, after you check with your vet.
- **Never share medicine between pets**, especially with cats.
- **Human medicines only if they're single-ingredient and your vet named them.**
- **Tell every vet everything he takes**, supplements included, and anything from another clinic or an emergency visit.
- **Keep pills and flavored chews out of reach.**

Vaccines due, and anything to plan around them: _____

Recheck dates

Reason: infection recheck, food trial, lab work, plan review.

Date: _____ Reason: _____ ☐ Done Date: _____ Reason: _____ ☐ Done

Date: _____ Reason: _____ ☐ Done Date: _____ Reason: _____ ☐ Done

Veterinary dermatologist (if referred): _____ Phone: _____