



Are Novel Allergen or Hydrolysed Diets an Effective Means of Reducing the Gastro-intestinal Signs in Dogs With Inflammatory Bowel Disease When Compared to Oral Prednisolone?

Hello everyone my name is Adam. Thank you for listening to this audio recording of my latest Knowledge Summary, which is entitled. 'Are novel allergen or hydrolysed diets an effective means of reducing the gastrointestinal signs in dogs with inflammatory bowel disease when compared to oral prednisolone?' So I chose this Knowledge Summary because I think it's quite an interesting first opinion relevant topic and it's quite common that you see dogs chronic diarrhoea and you can do investigations which it looks like there has been minimal change. And I guess you're kind of then thinking, well, now do you kind of go on a food trial or do you kind of go directly for prednisolone to a sort of steroid type therapy?

So effectively when you look at the evidence available, unfortunately, there isn't actually really any evidence where they kind of directly compared the two interventions, food trial versus oral prednisolone. So kind of more studies would be needed to answer that. But what was interesting was that it was a mix of kind of retrospective and prospective studies out there. And they all kind of looked at outcomes in response to food trials, and then dogs that didn't respond to a food trial progressed to receive prednisolone. About half the dogs seemed to respond to a food trial and then of the half that didn't, most of them responded to prednisolone, 20% didn't really seem to respond and were kind of quite poor responders. So indicates it seems it's like a spectrum of severity of disease. Although I think it's a bit simplistic to extrapolate that from the information in these papers I looked at.

What was surprising is that no one had actually directly compared prednisolone versus a food trial. So I think there's definitely scope to do that more in the future. But I think it was interesting that looking at the data they had, it looks like certainly doing a food trial would be a worthwhile first step in novel chronic diarrhoea, where you've not identified the clear cause before starting prednisolone therapy or doing an intestinal biopsy or anything more invasive, half do respond to it, then you can say the client a significant amount of kind of time and resources and looking into that. It's worth mentioning though that dogs who had hypoalbuminemia or had a very high, inflammatory bowel activity net scores did seem to not do as well. So there'll be more candidates to kind of go more kind of harder with prednisolone therapy or intestinal biopsies initially.

I hope this is useful. If you have any questions, you're welcome to email me. Or if you wanted more information about the papers out there that I found, then feel free to read the full Knowledge Summary. Thanks a lot. Bye.

This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/). Feel free to adapt and share this document with acknowledgement to RCVS Knowledge. This information is provided for use for educational purposes. We do not warrant that information we provide will meet animal health or medical requirements.

