

## **Scottsdale Veterinary Clinic Recommendations for Inflammatory Bowel Disease**

Inflammatory bowel disease is similar to IBS in humans and a variety of causes are thought to be related to this disease. It is important to treat this IBD to prevent the progression of this disease into cancer. This disease is diagnosed by ruling out other diseases and by biopsies of the intestine to prove inflammatory bowel disease. Many test may need to be performed to ensure other diseases are not affecting the intestines.

### **Causes:**

1. Food allergy, may also be caused by plants your pet is eating.
2. Toxin
3. Viral infection- Herpes, Felv/Fiv, etc.
4. Parasites
5. Yeast infection
6. Dysbiosis- abnormal bacterial growth
7. Cancer with secondary IBD
8. Pancreatitis, Liver disease, Intestinal infections.
9. Stress, secondary to arthritis, pain, distress, etc

### **Diagnosis:**

1. Intestinal Ultrasound.
2. Bloodwork- CBC, Chemistry, PLI, and viral disease profile.
3. Urinalysis- to check for urinary tract infections.
4. X-rays to look for neoplasia and signs of severe arthritis.
5. Surgical biopsies of the small intestine are necessary to confirm diagnosis..
6. Fecal to evaluate for parasites, yeast infection, and abnormal bacterial infection.
7. Sometimes fecal culture and folate/cobalamin tests

### **Treatment Plan:**

1. Deworming- We recommend a combination of Revolution, Drontal Plus or Profender, and Fenbendazole (5 days). All animals in the house may need.
2. Duralactin/Lysine- Give for one month for herpes viral flair up, with secondary IBD. May need to give long term to control.
3. Food trial- we recommend 6 weeks of Z/D. No other treats, bones, rawhides, human food. If the food makes no difference we then recommend changing to an enteric diet (low residue, en, I/D) or high protein diet (suspect lymphoma cases)
4. Metronidazole and Fortiflora together for 30 days.
5. Cortisone- Prednisolone for one month then taper if possible or Depo-Medrol injection monthly until resolved.
6. Vitamin B injections- 2 times per week for 6 weeks. Then possibly taper for life.
7. Lomustine- for severe IBD cases this is given once monthly for 3 months and is combined with prednisone.
8. Omega 3 fatty acids (DHA)- welactin is given for anti-inflammatory effects.
9. Long term therapy may require a combination of prednisolone, fortiflora, hypoallergenic diet or high protein diet, metronidazole, and Vitamin B.