

Dog itch diary: two weeks before the vet visit

Itching is a sign, not a diagnosis. Change one thing at a time and write it down. Scratching more than 4 to 5 times a day, hair loss, sores, redness or a suspected allergic reaction (hives, swelling) means calling your vet now. Itch score: 0 = none, 10 = cannot settle.

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date														
Scratching / licking / chewing (how often, when)														
Itch score 0 to 10														
Woke your dog or you at night? (Y/N)														
Where on the body (paws, ears, belly, tail base, face)														
Food, treats, chews (anything new?)														
Walks: where, weather														
Bath, shampoo, bedding, cleaning products														
Flea / worm treatment given														
Medicines and supplements (with start date)														
Skin: redness, hair loss, scabs, odour, discharge														

Also bring: a photo every few days in the same light, the names of your flea and worm treatments with last dates, and the full list of food and treats. Ask your vet before trying home remedies. Sources: Merck Veterinary Manual (itching in dogs); PDSA (itchy skin, dermatitis in dogs).