

## Bland Diet Instructions

If your pet is experiencing vomiting and/or diarrhea it's important that we give the gut a chance to rest and heal itself. Foods your pet would normally do well with may be too rich and may actually impede the healing process. We want to give them food that is *simple, boring, and easy to digest*. Consider it the equivalent of chicken soup and saltines for us when we're recovering from a bout of food poisoning.

**Start by withholding food and water for about 12 hours.** If your pet has been vomiting make sure they don't have access to any food or water (pick up food and water bowls, close toilet lids, etc). Small amounts of water are fine if your pet has not been vomiting.

**If your pet continues to vomit despite absolutely no food or water for 12 hours, please contact us or an emergency hospital. Dove Lewis Emergency Animal Hospital: 503-228-7281**

**After the 12 hour fast, start offering a tiny amount of bland food,** as outlined below:

Give 1 *teaspoon* for cats and small dogs, 1-2 *tablespoons* for medium-large dogs.

If no vomiting occurs, continue offering the small meals every 2-4 hours, gradually increasing the volume and time between meals until you are feeding 2-3 times per day.

**Continue the bland diet until your pet's stools are COMPLETELY NORMAL.** You should see some improvement in the consistency of the stool every day.

**If the stools are not improving or getting worse, please contact us.**

**After you've noticed consistently normal stools (2-3 consecutive), gradually start to mix your pet's regular diet with the bland.**

On day one: Mix 1/4 regular diet with 3/4 bland diet.

On day two: Mix 1/2 regular and 1/2 bland.

On day three: Mix 3/4 regular with 1/4 bland diet.

On day four: Feed all regular diet.

**If at any point in the process your pet's stools become soft, go back to 100% bland diet and start over.**

### **Bland Diet:**

Cooked chicken (no fat, skin or bones) and well-cooked white rice in a 1:4 ratio.

Chicken may be substituted with cottage cheese, turkey, or ground beef with the grease drained off.

Rice may be substituted with canned/cooked pumpkin, squash, yams or sweet potatoes.

Chicken or turkey baby food without additives can be used as a bland diet for cats and small dogs.