



## *Bland Diet Recommendations for Patients with Diarrhea and/or Vomiting*

### Patients with Diarrhea only:

- Provide free access to water
- Prepare a **bland diet**
  - Combine cooked white rice or pasta with boiled and drained meat
  - A mixture of approximately 3 times more rice or pasta than meat is usually adequate
  - Hamburger, chicken, lamb or turkey can be used.
- Feed small quantities frequently - usually by offering 4-6 divided meals throughout the course of the day
- Bland diet should be fed until diarrhea has resolved over 36-48 hours, then gradually return pet to regular diet and feeding schedule

### Patients with existing episodes of vomiting:

- Remove both food and water for 4-6 hours
- If vomiting has resolved, you can progress to feeding a bland diet (see below)
  - However, if vomiting continues you should have your pet examined by a veterinarian as soon as possible

### Patients with resolved vomiting:

- If your pet has not vomited in the last 4-6 hours, begin to offer small amounts of water every 1-2 hours
  - Alternatively, you can offer a few ice cubes if you prefer
- If your pet does not vomit after being offered the water, you can begin to offer a **bland diet**, which can be prepared as follows:
  - Combine cooked white rice or pasta with boiled and drained meat
  - A mixture of approximately 3 times more rice or pasta than meat is usually adequate
  - Hamburger, chicken, lamb or turkey can be used
- Feed small quantities frequently-usually by offering 4-6 divided meals throughout the course of the day.
- Bland diet should be fed until vomiting (and diarrhea if applicable) has resolved over 36-48 hours, then gradually return pet to regular diet and feeding schedule.

It is not uncommon for patients that have had diarrhea or other significant gastrointestinal upset to show changes in their bowel movements for several days; **some patients may not have bowel movement for up to 72 hours**. Your pet should be rechecked if it does not have a bowel movement within 72 hours, or appears to be in discomfort when attempting to have a bowel movement.

Please contact our office if you have any questions or concerns.