

Liverpool Village Animal Hospital

Bland Diet

If your pet is having diarrhea or vomiting you can try a bland diet. Many gastrointestinal diseases, including vomiting and diarrhea, will improve on this diet. Frequent feedings of small amounts of the bland food is the treatment of choice.

Bland diet: (mix equal parts protein and carbohydrate)

Dog: Protein Source

Boiled and drained hamburger
Boiled and drained chicken or turkey
Strained meat baby foods (chicken or turkey, avoid onion flavoring)
Boiled egg whites
Cottage cheese

Carbohydrate Source

Boiled white rice
Boiled oatmeal
Mashed potato (no milk or butter)

Cats: Boiled chicken, or baby food (chicken or turkey, avoid onion flavoring)

Dog or Cat: Prescription diets such as Hills I/D or Purina E/N

For vomiting (with or without diarrhea):

You should start with a fasting period of 6-24 hours. During this time, nothing may be given by mouth (no food, water, ice cubes). Watch and make sure your pet does not drink from puddles or eat snow. It is important to do this to give the gastrointestinal tract time to rest and recover.

After the first 12-24 hours, small amounts of water can be given. If your pet cannot hold the water down, call our office (451-5455.)

After fast and water, you can begin feeding small amounts of the bland diet. Feed every 2-3 hours. Gradually increase the amount given at each feeding and increase the time between feedings. On the second to third day, you should be feeding 2-3 meals, and gradually switching back to your pet's regular food.

For Diarrhea only (no vomiting):

Withhold food for 6-24 hours, but provide full access to water.

After fast, you can begin feeding small amounts of the bland diet. Feed every 2-3 hours. Gradually increase the amount given at each feeding and increase the time between feedings. On the second to third day, you should be feeding 2-3 meals, and gradually switching back to your pet's regular food.

If diarrhea or vomiting persists or recur, or if blood is noticed in the vomit or diarrhea, contact our office (451-5455.) Stop food and water if vomiting recurs.

Pets may become rapidly dehydrated from ongoing vomiting and diarrhea. Fluid therapy and/or further diagnostics may be needed, especially in small or young animals, contact our office!!