



BLAND DIET INSTRUCTIONS

A bland diet has been recommended for your pet. The following instructions are provided to assist you.

1. Withhold food/water for a period of 8-12 hours after vomiting.
2. If no vomiting occurs during this period, begin to offer small amounts of water every hour. Do not give large amounts of water at first since this will tend to result in further vomiting.
3. If your pet keeps down the water, then offer a very small amount of the bland diet to start (up to 2 Tbsp). If no further vomiting, then continue to feed small amounts every 6 hours according to the following scale:

*Cats and small dogs weighing less than 20 pounds: 1-2 tablespoons

*Dogs weighing 20-40 pounds: $\frac{1}{4}$ to $\frac{1}{2}$ cup

*Dogs weighing over 40 pounds: $\frac{1}{2}$ to $\frac{3}{4}$ cup.

4. Once the vomiting and/or diarrhea have completely resolved (usually in 3-4 days) you may gradually reintroduce your pet's regular diet. To do this, gradually add the regular diet to the bland diet in increasing amounts, simultaneously decreasing the amount of the bland diet over a period of 2 days.

Acceptable Bland Diets

Dogs

1. Low fat cottage cheese and boiled white rice. One-part cottage cheese should be combined with 1 parts rice.
2. Boiled chicken or boiled hamburger and boiled white rice or pasta.
3. Meat baby food and boiled white rice.
4. Low Sodium Beef or chicken broth over boiled white rice.
5. Prescription Diet I/D or Purina EN

Cats

1. Low fat cottage cheese and boiled white rice. One-part cottage cheese should be combined with 3 parts rice.
2. Boiled chicken or boiled hamburger and boiled white rice or pasta.
3. Beef or chicken broth over boiled white rice.
4. Prescription Diet I/D

Medications:

**These diets are for temporary use only and do not meet nutritional requirements for long term use with the exception of Prescription Diets I/D and EN.

**If vomiting persists or if other problems arise please call the hospital immediately.

YOUR BEST FRIEND'S BEST FRIEND!