

Bland Diet

If your pet is vomiting, with or without diarrhea, you will need to withhold all food and water for the next 6-12 hours. Often, once an animal has started vomiting any further intake by mouth can stimulate further vomiting. By withholding food and water for a period of time you give the gastrointestinal system time to rest and can prevent further dehydration due to vomiting. If there has been no further vomiting during the restriction period, then you can try offering small amounts of water. If your pet is able to hold down the water, then you can try offering small amounts of a bland diet.

If your pet has diarrhea only, then you need only restrict them from food for that first 6-12 hours.

A home-cooked bland diet consists of boiled hamburger or chicken and boiled rice. Boil the meat in water until cooked thoroughly, then skim off the fat and rinse the meat before mixing with the cooked rice. Cook the rice separately from the meat so that the rice does not soak up the fat. The mixture should be 1/3 meat and 2/3 rice by volume. This diet should be fed in multiple small meals throughout the day. You should feed this diet for a minimum of 3-5 days. If your pet is doing well on this diet, you can start mixing it with the regular diet over the next several days. Slowly increase the amount of the regular diet (and decrease the amount of the bland diet) until you are feeding that alone.

There are prescription diets that can be used instead of the home-cooked diet for both cats and dogs. These diets are available through our office. Human baby food (meat flavor) is another alternative that can be tried with cats.

If your pet continues to have problems despite food and water restrictions, you should call our office at 325-2106 to schedule an appointment for an exam. It may be necessary to perform further diagnostics (x-rays or lab tests) to determine the cause of the problem and medication may need to be prescribed.