



Associated Veterinary Specialists, PC, LTD

12462G Natural Bridge Road

Bridgeton, Missouri 63044

314-739-1510

Emergency 314-739-3330

Bland Diet Information

If your pet is experiencing vomiting and/or diarrhea it's important that we give their gut a chance to rest and heal. The normal diet your pet eats may be too rich and may prevent the healing process. It is important to give your pet a food that is simple and easy to digest.

Start by withholding food and water for 12 hours. If your pet has not been vomiting, you can give them small amounts of water.

If your pet continues to vomit despite NO food or water for 12 hours, please contact us or your regular veterinarian.

After the 12 hour fast, offer small amounts of bland food as described below:

- Give 1 teaspoon for cats and small dogs, 1-2 tablespoons for medium-large dogs
- If no vomiting occurs, continue to offer small meals every 2-4 hours and slowly increase the volume of feed you are feeding and time in between meals.

Continue the bland diet until your pet's stools are normal. 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 diet.

Day 1: Mix $\frac{1}{4}$ regular diet with $\frac{3}{4}$ bland diet

Day 2: Mix $\frac{1}{2}$ regular with $\frac{1}{2}$ bland

Day 3: Mix $\frac{3}{4}$ regular with $\frac{1}{4}$ bland

Day 4: Feed regular diet only

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

Kimberly Loyd, DVM, DACVIM

Reference: Two Rivers Veterinary Clinic