

## Recommendations for Vomiting and/or Diarrhea

From time to time, all animals will have gastrointestinal upset, and many times it is not an urgent emergency. The information below is basic “First-Aid” to begin at the first sign of a problem. Many times, after following these directions, animals will recover quickly.

If any of the following applies, you may need to seek an urgent care appointment, either with us or one of the emergency clinics listed on our *Emergency Veterinary Hospital page*

- No improvement seen within 24 hours of starting the plan below
- Your pet is less than 6 mos old
- Vomiting repeatedly within a few hours
- Blood seen in vomit or diarrhea
- Diarrhea that is very frequent, watery, or has a black, tarry appearance
- Your pet seems lethargic, won't stand up, or is wobbly when standing
- Yellowing of the whites of the eyes, or of the normally pink gums
- Pale gums or tongue color, or bluish tongue color
- Overall, your animal just does not seem “normal”, better to seek care if uncertain

### 1) FAST

The stomach and intestines need a rest! The best thing you can do is skip the next meal. Please don't feed ANY food for 12-24 hours (if animal is <6 months old, fast no longer than 8 hours)

### 2) FLUIDS

Hydration is very important.

Provide plenty of fresh clean water, or a clear, fat-free broth.

If the patient is vomiting, wait at least 2 hours before offering water.

If your pet continues to vomit fluids, then please seek emergency care

### 3) FEED BLAND DIET

After fasting as directed, we recommend a bland diet made from root vegetables, because it is very easy to digest and it contains simple sugars which function as “prebiotics”. This will help to restore the normal intestinal flora faster than most other bland diet options, so that your pet will feel better, sooner.

(see the “Potato Diet” below)

If your pet will not eat the root vegetables alone, you may add 25-30% boiled ground meat for added flavor. Many vets recommend a bland diet made of boiled ground meat and well-cooked white rice. This type of diet is acceptable, but meat and rice are more difficult to digest, and they have no prebiotic function. If your pet is not responding well to the root vegetable option, then you may want to try the meat and rice option.

After the fasting period, begin to feed the bland diet in small quantities, of 4 or more small meals per day until you see totally normal stool, or no vomiting in at least 24 hours. The total amount fed in one day should be equivalent to the volume of regular diet that you would feed.

Once things are back to normal, mix the bland diet 50:50 with the regular diet you have been feeding, for at least 2 more meals. Depending on how your animal is doing, you may extend the period that you use the bland diet, for a few days, however if it is not nutritionally complete for long term use.

#### **4) SUPPORTIVE THERAPIES**

Providing a high-quality probiotic during and after a period of GI distress can be very helpful in restoring things to normal. We recommend the following probiotic products: “RxBiotics” or “Protegrity GI”. Our practice also carries a very helpful Chinese herbal formula, that is called “Ease Digestion” If your animal is a current patient, please call us and we may be able to prescribe some of this for short term use, when needed.

#### **Recipe for “Potato Diet”**

- **Start with Equal parts of: White potato, Sweet potato, and Turnips**
- **If you can not find turnips, look in the frozen vegetable section of store, or if not available, these can be skipped**
- **Peel the vegetables, cut into chunks, and either boil or steam until soft**
- **Mash the cooked vegetables and cool to room temperature before feeding**
- **When feeding a prepared mixture, warm it gently before feeding to increase palatability and help make it more soothing**
- **You may want to make extra and keep some in your freezer for future use**