



## VOMITING AND/OR DIARRHEA

Vomiting and/or diarrhea can occur in a variety of medical conditions. Some of these conditions may have specific treatments, but often vomiting and/or diarrhea problems are treated in the following way:

Keep your pet confined and limit food and water.

Water Intake: Generally it is best to allow no water for the first 12 hours if vomiting is present. There are exceptions based on the patient's age and medical condition, so check with us before withholding water. During this period of water restriction, you may give your pet one or two ice cubes to lick every two hours. This will help to moisten its mouth. If there is no vomiting during this twelve hour period, you may then offer your pet a small amount of water, Pedialyte, Gatorade, or broth (not bullion) every one or two hours. **DO NOT GIVE YOUR PET MILK!**

If there is only diarrhea and no vomiting, you do not need to withhold water or food.

Food Intake: Usually it is best to allow no food for up to the first 24 hours after an episode of vomiting. If there is no vomiting or if your pet is able to hold down liquids after the twelve hours of restricted water, you may begin to offer a bland diet in small amounts.

### Here are some bland diets:

1. Royal Canin Intestinal HE (canned or dry)
2. Chicken and rice soup (give two ounces per ten pounds of body weight every 4 to 6 hours) (remove skin, bones and fat from the chicken)
3. A mixture of a carbohydrate and a protein:
 

<u>Carbohydrates</u>	<u>Proteins</u>
boiled white rice	boiled
boiled potatoes	drained lean hamburger
boiled plain pasta	low fat cottage cheese
	boiled chicken (no bones or skin)

Mix one carbohydrate with one protein at a ratio of 3/4 carbohydrate and 1/4 protein. Feed approximately one cup of cooked carbohydrate and four ounces of protein per 20 pounds of body weight daily.

After three days on a bland diet, if your pet is responding well, gradually switch your pet to its regular diet over the next three or four days by slowly adding more of the regular food to the bland diet each day.

### Summary:

If vomiting: Give ice cubes ONLY for \_\_\_\_\_ hours, then fluids only for the next \_\_\_\_\_ hours, then small amounts of a bland diet until you are sure no vomiting will result from food or water.

If diarrhea only: Switch to bland diet for three days then gradually convert back to regular diet over three to four days.

Medicine: Use as directed and on the label. Unless otherwise directed, give it until it is used up.

It is often advisable to give yogurt (or Acidophilus capsules) after using enteric antibiotics to "replant" the good bacteria. The amount of yogurt is not critical but a tablespoon twice daily is adequate for a cat and four ounces twice daily is fine for a large dog. Adjust for your pet's weight accordingly.

### Call Us If...

- Vomiting and/or diarrhea is not controlled within three days.
- Your pet refuses to eat the bland diet.
- You are unsure if the response you are seeing is as expected.
- You have trouble giving the medicine.

*Thank you for this opportunity to serve you!*