

WINCHESTER VET GROUP
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BLAND DIET

1. If vomiting is present, your pet may be given ice cubes or **SMALL** amounts of water at frequent intervals. **Avoid giving large quantities of water.** If there is diarrhea, but no vomiting, then fresh water can and should be given freely.

2. Bland Diet Recipe:

Mix either boiled pasta or 2 parts boiled white rice (**use long grain rice, not minute rice**) with one part low-fat cottage cheese OR boiled unseasoned hamburger, OR boiled unseasoned chicken

Alternatively, meat-based baby food, such as beef, chicken or lamb flavor can be fed as a bland diet with or without boiled rice.

Home-made bland diet is for short term use only!

We are more than happy to provide a nutritionally balanced prescription bland diet to pick up at the office (Hills I/D, Purina EN, Royal Canin GI). Please note these diets are not available at a pet store without a prescription.

When using a bland diet, there should be NO OTHER FOOD. **Please withhold any treats and table food of any kind.**

3. Feed small frequent meals of only bland diet only for the first 1-2 days. If this is well tolerated, feed the bland diet 2-3 times (normal sized meals) daily for at least a week until vomiting and diarrhea has resolved. If vomiting persists, please refer to an ER or call the office.

4. After stools have returned to normal for at least a week, you may transition back to regular food **SLOWLY over 7 days. (25%, 50%, 75%).**

5. For certain intestinal disorders, some animals may need to be maintained on bland diets for extended periods. If there are any problems or questions while following this diet, please consult with us.