

Bland Diet

1. If vomiting is present, your pet may be given **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 frequently.
2. Bland Diet Mixture:
 - Mix 2 parts boiled white rice (long grain, not minute rice) with 1-2 parts boiled hamburger or boiled chicken. Low fat cottage cheese can be substituted for hamburger or chicken.
 - Alternatively, meat based baby food such as beef, chicken, turkey or lamb (preferably with no added onion powder) can be fed with or without boiled white rice.
 - there are several prescription intestinal diets that can be fed (such as "I/D", "EN", and others), and can be obtained at Winchester Vet Group.
3. Give water only for ____ days.
4. When feeding is resumed, feed small, frequent meals of only the bland diet for ____ days.
 - If this is well-tolerated, feed only the bland diet 2-3 times daily (normal sized meals) for ____ days.
 - Then, mix regular food with the bland diet in gradually increasing amounts (25%, 50%, 75%) over three days before resuming regular feeding.
 - Note for certain intestinal disorders, some animals need to be maintained on bland diets for extended periods. If there are any problems or questions while following the restricted diet, please consult with us.

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