

Arvada West Veterinary Hospital  
5736 Ward Way  
Arvada, CO 80002  
303-467-0345

## BLAND DIET GUIDELINES

Please follow these instructions carefully; they are designed to ensure a rapid and uncomplicated recovery for your pet. Even minor indiscretions can result in significant prolongation of your pet's recovery. **Please- NO SNACKS OR TABLE SCRAPS!**

Please withhold food and water for 4-6 hours since the last vomiting episode of either food, water or phlegm. Liquids (i.e. water, ice-cubes, Pedialyte, Gatorade) can then be offered in small amounts every 2-3 hours. A small amount for a cat or small dog (<25lbs.) is ¼ cup, medium dog (25-60lbs) is 1/3 to ½ cup and a large dog (>60lbs) is ½ cup to 2/3 cup.

If your pet is able to hold down water for 6 hours, then you can begin gradually offering the bland diet (see below). If your animal is small, offer only 1-2 teaspoons over the first 4 hours. If your animal is medium sized, offer 1-2 tablespoons and large 3-4 tablespoons. If vomiting has not occurred at this point then it is ok to begin gradually increasing the size of the meal with each feeding. It is also now ok to offer water free choice. Your pet should be fed a regular sized meal 36-48 hours after the start of feeding. Continue the bland diet of 3-5 days.

At this time you should gradually wean your pet onto his/her regular diet. This can be accomplished by mixing 1 part of the regular diet with 2 parts of the bland diet for 1 to 2 meals, and finally back to the regular diet only.

### Examples of Bland diets

1. Prescription diets sold at Arvada West Veterinary Hospital.
2. Any combination of a protein source – low fat cottage cheese; boiled or microwaved, low-fat hamburger; white meat of chicken or turkey; plus a carbohydrate- rice or pasta. These should be mixed in a 1:2 of protein to carbohydrate. Baby food also works well as a bland diet.

### Additional Recommendations:

\_\_\_\_\_canned pumpkin by mouth twice daily.  
\_\_\_\_\_plain, cultured yogurt by mouth twice daily.

**Please give all medications as directed. If your pet's condition does not improve or worsens please call 303-467-0345!**