Mount Vernon Animal Hospital

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**Dietary Recommendations for Vomiting in Dogs:**

When your dog is experiencing vomiting, the best thing to do is to rest his or her stomach. That means nothing to eat or drink for 6-12 hrs at the minimum. This allows the stomach to calm down and helps it to heal.

After the rest period, your dog may have small amounts of water at a time. A good way to control this is to put ice chips in the bowl and let your pet drink as it melts. You can also do this by putting just ½“ of water in the bowl at a time. Drinking too much water in one sitting, on an upset stomach will guarantee more vomiting. If it is hot outside, keep your pet inside and cool. Most adult dogs will not become dehydrated in this amount of time.

Once your dog is drinking and keeping it down, wait a couple hours and then offer him or her a small amount (1-2 tablespoonfuls) of a bland food, such as cooked rice or noodles, lean chicken, low-fat cottage cheese or cooked egg white. These items are easy to digest and easy on the gastrointestinal tract. After an hour or two, you can offer a bit more. As long as there is no more vomiting, offer small meals frequently for the first day or two, then gradually mix in with regular food.

If your dog does not eat what you offer, don’t worry. This means his or her stomach is still upset and needs more time to rest. As long as there is no additional vomiting, wait several hours and offer it again. Please call and make an appointment if there is more vomiting, if your pet does not eat for 24 hours, or if your pet seems to feel worse. If your dog was given *Cerenia* and they vomit within 24 hours of having been given *Cerenia* please call ASAP.

**Dietary Recommendations for Diarrhea in Dogs:**

When your dog is experiencing diarrhea, a good first step is to rest his or her stomach. That means nothing to eat for 6-12 hrs at the minimum. This allows the stomach to calm down. They can have access to some water to keep hydrated.

After the rest period, you can offer your dog small amounts of a bland diet food, such as cooked white rice & lean poultry or lean ground beef, boiled. These items are low fat, easy to digest and easy on the gastrointestinal tract. Offer small meals frequently for the first day or two, then gradually mix in with regular food.

Please call and make an appointment if diarrhea persists, if your dog does not pass a stool but is straining to go, the stool becomes very bloody liquid, or if your dog isn’t feeling well. Always bring a stool sample when possible to appointments so it can be tested.

After the diarrhea resolves, it isn’t unusual to not see any stool for a day or so then to have a normal stool. Continue the bland diet until you see normal stools and don’t be concerned if your dog isn’t going at all for a day or so as long as they are feeling well.