

**Del Ray Animal Hospital**  
**524 E. Mount Ida Ave.**  
**Alexandria, VA 22301**  
**(703) 739-0000**  
**www.delrayanimalhospital.com**

### **Bland Diet for Vomiting and Diarrhea**

No food for 12-24 hours to allow the gastrointestinal tract to rest. Water is allowed if there is no vomiting. Imodium A-D can be given at the dosage of 1 tablet per 50 pounds or ½ teaspoon per 15 pounds three times daily. Imodium should only be given for three days. Please stop the Imodium if stools are normal or if there are no stools. Pepcid AC can be given once daily for vomiting, not eating or stomach gurgling. (<10lbs 2.5mg – 11-25 lbs 5mg - 25-50lbs 10mg – 50-100lbs 20mg) A bland diet should be fed to your pet for three days after the fasting. Prescription diets are available if you do not want to cook for your pet. Otherwise, cook 2 parts rice to one part skinless chicken, turkey, or lean hamburger.

<u>Body weight</u>	<u>First 24hrs</u>	<u>Second 24hrs</u>	<u>Third 24hrs</u>
10 pounds	2tsp four times	1/8c three times	1/4c twice
20 pounds	2tsp four times	1/8c three times	1/4c twice
30 pounds	1/8c four times	1/4c three times	1/3c twice
40 pounds	1/8c four times	1/3c three times	1/2c twice
50 pounds	1/4c four times	1/2c three times	1c twice
60 pounds	1/4c four times	1/2c three times	1c twice
70 pounds	1/3c four times	1/2c three times	1 1/2c twice
80 pounds	1/3c four times	2/3c three times	2c twice
90 pounds	1/3c four times	2/3c three times	2c twice
100 pounds	1/3c four times	3/4c three times	2 1/2c twice

Normal diet is given on the fourth day if stools are normal. Call if diarrhea persists after three days, if the stools are not improving every day, or if there is vomiting.