

Bland Diet for Vomiting and Diarrhea

No food for 12 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 every 8 hours. Imodium should only be given for three days. Please stop the Imodium if stools are normal or if there are no stools. 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 one part rice to one-part skinless chicken, turkey, or lean hamburger.

| Body weight | First 24hrs | Second 24hrs | Third 24hrs |
|--------------------|--------------------|---------------------|--------------------|
| 10-20lbs | 2tsp four times | 1/8c three times | 1/4c twice |
| 20-40lbs | 1/8c four times | 1/4c three times | 1/3c twice |
| 40-60lbs | 1/4c four times | 1/2c three times | 1c twice |
| 60-70lbs | 1/3c four times | 1/2c three times | 1 1/2c twice |
| 70-90lbs | 1/3c four times | 2/3c three times | 2c twice |
| 90-100lbs | 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.