



Fasting and Bland Diets

Symptomatic treatment for gastrointestinal disorders (vomiting, diarrhea) involves a period of fasting – discontinuing oral intake of food and/or water for a specific period of time. The fast gives the gastrointestinal organs time to rest and heal. After a successful fasting period with no further vomiting (diarrhea may take a couple days to resolve) a bland diet is introduced. The term “bland” is applied to foods that are easily digested and absorbed, non-irritating, and non-spicy. It is equivalent to the concept of chicken soup and dry toast when you have stomach upset. We can prescribe a bland diet, or you may cook one at home. A homemade bland diet should consist of three parts cooked white rice with one part boiled unseasoned chicken or hamburger.

Directions:

Fast your pet for the next _____ hours. If no vomiting occurs, you may introduce small amounts of water. Offer _____ of water every hour for three or four hours. If your pet does well with water you may introduce the bland diet. Your pet may not be interested in the water, but as long as there is no vomiting it is fine to start the food on schedule. Offer _____ of the bland diet every 2 - 4 hours. If no vomiting or worsening of diarrhea is observed, gradually increase the amount of food offered and the time interval between feedings. Your pet should remain on the bland diet for the next 3 - 4 days. When the bland diet is completed, change your pet gradually over to his/her regular diet by mixing them together for 2 – 3 days.

Your pet may be prescribed a combination of the following medications for symptomatic treatment of gastroenteritis. Follow the instructions carefully. Do not give sucralfate and famotidine at the same time, leave about an hour between them.

Sucralfate – protects the stomach in case of ulceration, a “band-aid” of sorts. This should be dissolved in water and given as a slurry for best results.

Famotidine – antacid, generic of Pepcid

Cerenia – anti-emetic (vomiting)

Metronidazole – antibiotic for diarrhea

Prednisone – anti-inflammatory

Metoclopramide – anti-emetic

Endosorb – absorbent for
diarrhea

If you have any further questions or your pets' illness is not improving, please call the clinic at the above telephone number.