

Home Cooked Bland Diet:

Please withhold food for 24 hours from the last bout of diarrhea. If your pet is vomiting, also withhold water for 12 hours, then introduce small amounts of water every few hours for the first day.



1. Boil lean ground beef/sirloin or ground turkey in water; skim off fat and drain.
2. Boil long grain, plain white rice, not instant rice.
3. Make about a 50:50 mix of the two. You can freeze the extra in small freezer bags for quick and easy defrosting in the microwave over the course of the next week.
4. Feed smaller, more frequent meals of this mixture for about the next 3-5 days, until the stools begin to firm up. A rule of thumb is that a dog should be fed about 1 cup for each 20 lbs of body weight, over the next 24 hours. Divide this amount into 4-6 small meals over the course of the day.
5. After 3-5 days, begin to gradually mix the bland diet with the dog's regular diet or the new diet prescribed by the vet. It should take about one week to phase out the bland diet.
 - $\frac{3}{4}$ bland diet + $\frac{1}{4}$ commercial diet for 2 days
 - $\frac{1}{2}$ bland diet + $\frac{1}{2}$ commercial diet for 2 days
 - $\frac{1}{4}$ bland diet + $\frac{3}{4}$ commercial diet for 2 days

If the diarrhea does not resolve or worsens, or if vomiting continues or begins at any time, please contact Apple Creek Veterinary Hospital, 273-2284 (ACVH).