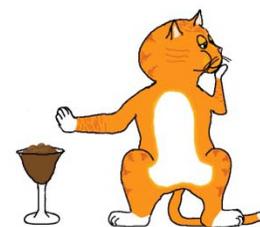




Recommendations for Managing Vomiting and/or Diarrhea Symptomatically

1. Allow access to fresh water at all times.
2. Do not feed until vomiting has stopped for 24 hours. If vomiting is frequent or persists longer than 24 hours, contact us immediately.
3. After 24 hours with no vomiting, feed 1-2 tablespoons of a bland, easily digested diet. If that stays down for 2-3 hours, you may give a small meal (1/4 of your pet's daily allowance of food). If there is no vomiting, you may give small, frequent meals of the bland diet for the next 48 hours. The total daily amount of food does not change during this time; instead you are splitting it into 4-5 meals daily rather than giving 1 or 2 large ones.
4. Once your pet is eating normal amounts of food for 48 hours without vomiting, you can continue feeding the bland diet and give only 1 or 2 normal-sized meals per day for 2-3 days.
5. If the vomiting and/or diarrhea have resolved by this point, you may begin transitioning your pet back onto their regular diet unless we have instructed you otherwise. To transition, start by adding only a small amount of your pet's regular food to the bland diet. Gradually increase the amount of your pet's food and decrease the amount of the bland diet until you are feeding only your pet's regular diet. This should take 5-7 days.
6. We may recommend Forti-Flora for your pet. If we have recommended it, you may start it now.



If at any time your pet resumes vomiting or diarrhea, fails to improve, or seems to be becoming worse in any way, please contact us immediately. This advice is not meant to replace the diagnosis and treatment of more serious disease.

Bland diet:

- We carry prescription diets that are designed to manage vomiting and diarrhea and would be happy to make a recommendation for you. This is often the easiest and most convenient way to offer a bland diet for your pet.
- Alternatively, or unless we have instructed you otherwise, you can always cook for your pet. To do this take either lean chicken meat or hamburger and throw the meat into boiling water to cook it thoroughly. Do not bake, fry, or broil it as we want the fat to come out of it. Also cook plain rice. Mix 3 parts rice to 1 part cooked (boiled) meat. Alternatively, cottage cheese can be substituted for the meat. An unbalanced diet like this is fine to feed for a few days until your pet is back to normal but should never be fed long term.