



# COMPANION

ANIMAL HOSPITAL, SPRINGFIELD VA  
*Companions for life*

## **Bland Diet**

If your pet has been vomiting or has diarrhea, we recommend you withhold food +/- water for 12-24 hours. Then, if there has been no vomiting, you may begin a bland diet regimen as described below. Remember:

Several small meals a day are preferable to 1 or 2 larger meals.

After 2 days of no vomiting or diarrhea, gradually begin to reintroduce the regular diet by mixing increasing quantities of the regular diet with the bland diet.

**BASE:** (Choose ONE of the following):

- Boiled (not minute) white rice
- Cottage cheese
- Pasta noodles
- Plain yogurt
- Cooked, cooled potato

**FLAVOR WITH A SMALL QUANTITY OF:** (Choose ONE of the following).

- Strained chicken
- Turkey baby food
- Bouillon
- Boiled, well drained hamburger
- Boiled, skinless, boneless chicken pieces

If you have not seen improvement within 2-3 days, please call us.