

Feeding a bland diet (easily digested) is usually recommended because the intestines and/or stomach is irritated or inflamed and needs an easily digested, low fat diet while it is trying to heal.

If vomiting is/was present, the doctor will usually recommend withholding food and water for 12-24 hours; then start by introducing a small amount of water and/or ice chips - wait 1-2 hours to make sure no vomiting, then begin introducing food; if the vomiting persists, discontinue food for another 12 hours and/or contact us for further instructions.

Start with steamed/boiled white rice and mix 2:1 with one of the following protein sources:  
boiled chicken pieces (skin removed), cooked ground beef (fat drained off), low-fat cottage cheese, chicken/turkey baby food (no onion powder added - check label!)

Feed 3-4 smaller meals during the day if possible and feed for 3-4 days unless instructed otherwise; if improving, gradually wean onto normal diet by mixing in dog food for 1-2 days.