

Sifferlin Animal Clinic, Inc.
1636 St. Rt. 39 NW
Dover, Oh 44622
330-343-3349

BLAND DIET

A bland diet is frequently recommended when a dog/cat is experiencing a gastrointestinal upset or recovery from a disease.

- Diet #1

2 cups cooked white rice
1 cup boiled (drained) hamburger

- Diet #2

2 cups cooked Cream of Wheat or oatmeal
1 ½ cups of cottage cheese
1 diced hard boiled egg

- Diet #3

A canned or dry Prescription Diet called I/D is available if you would prefer a ready made bland diet. I/D is also available for cats.

* Give 1-5 tablespoons (depending on the size of your pet) of bland diet every 3-4 hours as long as there is no vomiting. Small frequent meals are vital.

* Add 1-3 teaspoons (depending on the size of your pet) of plain unflavored yogurt per day if your dog is on an antibiotic from your veterinarian.

* Add a source of fiber if diarrhea present, either canned Pumpkin (1-4 tablespoons depending on the size of your pet twice a day) or Metamucil (half or whole human dose depending on the size of your pet).

* Feed the bland diet for 2-3 days, then gradually add small amounts of regular food to make a transition back to the animals regular diet.

If improvement does not occur, we need to see your pet. Please call the office if you have problems or questions.