

# Guidelines for Acute Gastrointestinal Upset

**1. Feeding instructions:**

- Withhold food for 8 to 12 hours
- Cut out all table scraps and pet treats until GI upset resolved
- Introduce a bland diet of plain boiled chicken and rice, or other:  

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- Feed small meals, more frequently throughout the day
- Once your pet is keeping the bland diet down for about 48 hours, *slowly transition* back to normal diet.

**2. Water instructions:**

- Provide fresh water at all times in small volumes to keep your pet hydrated.
- Monitor your pet's hydration: gums should be nice and moist, and when tenting the skin it should fall immediately back to the body.

**3. Please let me know if you note the following:**

- Blood in stool or vomit
- Abnormal change of color or consistency of stool
- Foreign body or parasites seen in stool or vomit
- Stomach pain when your pet's belly is touched
- Straining to defecate
- Intractable vomiting
- Retching (unproductive attempts to vomit)

**4. Medication guidelines:**

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**5. Other:**

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These guidelines are meant as a conservative approach to acute vomiting and/or diarrhea. *Please let us know if your pet is not improving with this therapy within a couple of days!*