



Because we're family!

# Natterjacks Vet

FRIENDLY | INDEPENDENT | CARING | AFFORDABLE

## DIET SHEET FOR GASTROINTESTINAL UPSET

Your dog or cat has been seen by the vet today and a short term change in diet has been recommended to allow recovery from the gastrointestinal upset being observed (vomiting/diarrhoea).

Your vet has probably advised an initial period of starvation, which is usually 24 hours in duration (6-12 hours if very small or young). **Water should remain freely available throughout.** However some animals may drink to excess when feeling nauseous and stretch their stomach leading to further vomiting – if you observe your pet doing this then perhaps only allow them to drink for 10-20 seconds at a time every five minutes to give the stomach a chance to empty between times.

Following the starvation period a bland, highly digestible diet should be fed. For more details on what to feed, see the list below or ask about one of our special tinned diets which are formulated to assist with gastrointestinal recovery. This should initially be in small frequent meals - usually 6-8 small meals are recommended on the first day. If vomiting recurs then your pet should be re-examined. Diarrhoea will take a few days to settle so an instant improvement is not always seen. If your pet remains happy and alert and is eating well then over the next 2-3 days the meal size should increase and the frequency decrease (see recommended schedule).

Once meal size is normal and frequency is normal then the usual diet should be **SLOWLY** re-introduced. Take 3-5 days to transition from the bland food to the normal diet.

Your pet should be re-examined if diarrhoea persist or clinical signs recur.

| Protein (50%)                        | Carbohydrate (50%) |
|--------------------------------------|--------------------|
| Chicken (cooked, no skin or bones)   | Rice               |
| Turkey                               | Pasta              |
| White fish                           | Mashed potatoes    |
| Eggs – boiled or scrambled (no milk) | Sweet potato       |
| Low fat cottage cheese               |                    |

You should select one food type from the protein list and one from the carbohydrate in approximately equal measures. Cats diets naturally contain more protein than carbohydrate, so use more of the protein than the carbohydrate perhaps - 75% protein to 25% carbohydrate

| Time Period    | Meal number     |
|----------------|-----------------|
| First 24 hours | No food         |
| Day 2          | 6-8 small meals |
| Day 3          | 4-5 meals       |
| Day 4          | 3-4 meals       |
| Day 5          | 2 meals         |

If you have any worries, questions or concerns or if your pet is developing worse clinical signs or not improving then do contact us.