

Hurricane Animal Hospital  
#1 Davis Court  
Hurricane, WV 25526  
304-562-3321  
www.hurricaneanimalhospital.com

## Bland Diet

This schedule should be followed step-by-step IF vomiting is not occurring. If vomiting continues, please contact our office.

1. Give nothing by mouth for the first 6-8 hours (no food or water).
2. After the first 6-8 hours if no vomiting has occurred, offer ice cubes ONLY!!
3. After 3-4 hours of ice cubes only, if no vomiting, begin offering small volumes of water over the next 6 hours.
4. Then offer any of the following in small frequent meals:
  - a. Creamed cottage cheese
  - b. Hard-boiled egg
  - c. Cream of Wheat
  - d. Turkey baby food
  - e. Boiled white meat chicken (no skin or fat)
  - f. Cooked white rice
  - g. Hill's Prescription diet i/d or a/d, or Purina EN formula

### FEEDING DIRECTIONS:

- 1st and 2nd day--small meals of bland food every 2-3 hours
- 3rd day--mix small amount of regular food in with bland diet and feed every 5-6 hours
- 4th day--increase amount of regular food and feed every 8 hours
- 5th day--feed mostly regular diet on a twice a day basis
- 6th day--a normal feeding program may be resumed