



Shantock Hall Lane, Bovingdon, HP3 0NQ
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Vomiting

Vomiting is a common problem experienced by many pet owners and as long as your dog or cat is bright and not depressed most vomiting can be treated simply but you've got to dispense some tough love! This means:

NO FOOD – none at all for 24 hours:

If you continue to feed your vomiting pet as normal it is likely to continue to vomit. This will be a constant aggravation and will cause the stomach to become inflamed and uncomfortable, which will only aid to fuel the problem. You should however continue to offer water – this is important to prevent dehydration. Give your pet water little and often to prevent the stomach overfilling. If your pet drinks too much at once the water may well be sicked up too.

After 24 hours with no vomit:

If there has been no further vomiting in the 24 hours since you stopped feeding, you can begin to introduce a bland diet – such as plain white chicken (best boiled) or white fish with over-cooked plain white rice. If you prefer we can provide you with a diet which is really good for settling upset stomachs. When providing these first few meals you must only give VERY SMALL AMOUNTS even if your pet is asking for more, overloading the stomach at this point can be a real set-back. You should aim to give these small amounts frequently then gradually build up the size of the meals and once the stomach has been settled for 5 days you can re-introduce their normal food gradually over another 3-5 days.

If the vomiting is excessive or continues despite starving, recurs as soon as food is re-introduced or if your pet is miserable or doesn't want to eat we would always recommend a visit to see us to investigate the problem further.



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Diarrhoea

The most common cause of diarrhoea is dietary indiscretion – this means your pet ate something that didn't agree them! Diarrhoea is a problem the majority of pet owners will experience at some point but as long as your dog or cat is bright, happy and keen to eat, often diarrhoea is self-limiting.

Providing there is no vomiting with the diarrhoea you should continue to feed your pet but it would be wise to keep to a bland diet such as plain chicken (best boiled), or white fish and over-cooked plain white rice. Alternatively we can provide you with a diet specifically designed for upset tummies.

Whichever diet you choose it should be given little and often so as not to overload the guts. It is not a good idea to feed a meal just before you go out or at bedtime, this will help to minimize accidents in the house.

Often there is a small amount of time between when your pet realizes they need to go and actually going, so you should also provide ample time for your pet to go to the toilet. Slow, short gentle walks or giving them the opportunity to use the garden more frequently than usual will help with keeping the mess outside. Most diarrhoea will firm up over a few days of a careful feeding regimen and a bit of rest.

Reasons to come in and see us:

- If the diarrhoea drags on
- If your pet is off-colour
- If there is any blood in the diarrhoea
- If there is any associated vomiting
- If they are off their food

Hopefully now there will be no more carpet cleaning!