

### ***Bland Diet for Diarrhea***

Feed the puppy absolutely nothing for the first 8 hours (for a puppy under 4 months), or 12 hours for an older puppy (4 months or more) after a diarrhea episode occurs.

When the puppy is ready to eat again use either a formulated bland food such as Hill's Science Diet ID recipe or prepare a bland diet of cooked (not instant) white rice and non-fat or low fat cottage cheese. The meal should be 1 part cottage cheese to 3 parts rice. Use homemade diets exclusively for 24-48 hours; during this time offer plenty of fresh water.

Puppies should not be on a homemade bland diet exclusively for more than 3 days without consulting with the local veterinarian.

The puppy can also be given Pepto-Bismol for up to 48 hours. This over the counter medication is available in several forms. Pepto caplets may be the easiest form to give the puppy. They are capsule-shaped tablets that are meant to be swallowed like a pill (no chewing needed and no messy liquid to clean up). For puppies less than 20 pounds, give either 1 teaspoon or one half of a caplet. For puppies 21-40 pounds, give 2 teaspoons or 1 caplet. For puppies over 40 pounds, give 4 teaspoons or 2 caplets. This medication can be given 2-3 times per day for up to two days in a row.