



Bland Recovery Feeding Plan

Feed a settled tummy back to normal, the gentle way

PETSLIKEMINE
DIGESTIVE HEALTH

PET NAME	RECOVERY DIET	STARTED	BACK TO NORMAL BY
_____	_____	_____	_____

Once your vet is happy a mild upset can be managed at home, the feeding is simple: small, frequent, easily-digestible meals, then a gradual return to the usual food. This is for a bright pet with mild signs, not for any of the red flags on the triage card.

THE STEPS

- 1 Water, always.** Offer small amounts often rather than a big bowl they gulp and bring back. Do not withhold water.
- 2 Small, frequent, bland meals.** A vet-recommended digestive diet, or plain boiled chicken and white rice (no skin, fat, oil or seasoning). Little and often, four to six tiny meals a day.
- 3 Build back up** over two to three days as the stool firms, mixing more of their normal food in each day.
- 4 Back to normal** once the stool is a steady 2 to 3 and they are themselves again.

A NOTE ON LOW-FAT

If your pet has had pancreatitis, fat is the thing to keep low; ask your vet for a proper low-fat diet rather than chicken and rice, and avoid fatty treats and scraps for good. Your vet will steer the right recovery food for the cause.

RING YOUR VET IF

- It is not improving within about 24 to 48 hours
- They will not eat or drink, or seem to be getting flatter
- Any of the triage-card red flags appear
- The diarrhoea or vomiting returns as soon as you reintroduce normal food

Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.

How to use. Small and often, bland then gradual. This plan is for a bright pet with a mild upset; anything on the red list is a call, not a home job.

**SMALL, FREQUENT, BLAND, THEN
GRADUAL**