



# Vomiting & Diarrhoea: Home Triage

PETSLIKEMINE  
DIGESTIVE HEALTH

How worried to be, and whether to go now, book, or watch at home

PET NAME	STARTED (WHEN)	VET PRACTICE	OUT-OF-HOURS
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Most tummy upsets settle, but a few are emergencies hiding in plain sight. Run through the red flags first, then decide. When in doubt, a phone call to your vet is always the right move.

## GO TO THE VET NOW IF YOU SEE

A bloated, hard belly with repeated unproductive retching (a possible life-threatening twisted stomach in deep-chested dogs); repeated vomiting and unable to keep even water down; suspected swallowed object, toy, bone or sock; heavy or repeated bloody diarrhoea, or a young or unvaccinated pup with bloody runs (parvo); a known or possible poison; collapse, a painful belly, or pale or white gums.

## BOOK A VET APPOINTMENT SOON IF

- It has gone on more than about 24 to 48 hours, or keeps coming back
- They are flat, off their food, or losing weight
- Diarrhoea with some blood but otherwise bright and drinking
- A known ongoing tummy condition that is flaring

## USUALLY SAFE TO WATCH AT HOME (A BRIGHT PET, MILD SIGNS)

- Bright, alert, comfortable and drinking
- One or two soft stools or a single vomit, then settling
- Offer water freely; small, frequent bland meals (see the feeding plan)
- Recheck in a few hours; if anything on the red list appears, ring

## KEEP TO HAND

Day practice: [phone] . Out-of-hours: [phone] . If you are ever unsure which list you are on, treat it as the more urgent one.

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.** Check the red flags first, every time. A bloated retching dog and a suspected blockage cannot wait. If unsure, ring; you will never be a nuisance.

**RED FLAGS FIRST, THEN DECIDE**