

# Guide•Dogs

FOR THE BLIND

## Bland Diet Protocol

Puppy Raising Manual Update (CFRs)

Updated: February 5, 2008

### Diarrhea:

1. Fasting
  - a. Young puppies (< 8 months): 12 hours
  - b. Older puppies (> 8 months): 24 hours
2. Free Choice Water (as long as puppy is not vomiting)
3. Pepto-Bismol®
  - a. An option for use in puppies that are acting normal but have developed diarrhea (not mandatory to use).
  - b. A dose can be given every 6-8 hours, but suggested use for no longer than 24 hours.
  - c. Over the Counter Forms:
    - i. Caplets
      1. Caplets are intended to be swallowed without chewing and work well for administration in dogs.
    - ii. Liquid (Regular or Maximum Strength)
      1. Either liquid variety is fine to use, but it can be difficult to administer the full dose of liquid medication to some puppies.
    - iii. Chewable Tablets
      1. Not a recommended form for administration in dogs, since the tablet has to be chewed and without chewing the tablet will pass through the intestinal tract whole, providing no therapeutic value.
  - d. Recommended Doses:

Weight of Puppy	Caplets	Regular Liquid	Maximum Strength Liquid
15 pounds	½ caplet	1 ½ tsp = 7 ml	3.5 ml
30 pounds	1 caplet	3 tsp = 1 tbsp = 15 ml	7 ml
45 pounds	1 ½ caplets	4.5 tsp = 1.5 tbsp = 22ml	11 ml
60 pounds	2 caplets	2 tbsp = 30 ml	1 tbsp = 15 ml
75 pounds	2 ½ caplets	Use caplets for this weight	Use caplets for this weight
90 pounds	3 caplets	Use caplets for this weight	Use caplets for this weight

4. Homemade Bland Diet
  - a. Ingredients
    - i. Cooked (not instant) white rice
    - ii. Non-fat or low-fat cottage cheese
  - b. Recipe:
    - i. 1 part low fat cottage cheese to 3 parts white rice

- c. 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 your local veterinarian.
  - d. After the first 24-48 hours if diarrhea resolves begin to slowly transition back regular diet, mixing the homemade diet with kibble progressively increasing the amount of the kibble for 4-5 days until puppy is back to eating kibble exclusively.
  - e. If diarrhea persists during transition contact your Puppy Leader and Local Veterinarian.
5. When to Contact your Puppy Leader and Local Veterinarian:
- a. If the puppy's rectal temperature exceeds 103.0 degrees Fahrenheit.
  - b. If vomiting accompanies the diarrhea for more than half a day.
  - c. If your puppy does not want to eat a meal following the 12-24 hour fasting period.
  - d. If the diarrhea persists for more than two days on bland diet.
  - e. If quite a bit of blood appears in the stool.
  - f. If your puppy is markedly depressed or lethargic.