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| [Guide Dogs Bland Diet Protocol (PDF)](http://hpwtdogmom.org/club/info/bland_diet_protocol.pdf) |  |
| Diarrhea can be a common problem with puppies, and the cause can be difficult to determine. Your puppy may have swallowed garbage or eaten rich food, or bacteria or an infectious virus could be the cause. Stress can also trigger diarrhea in young dogs. There is no need to worry unless your puppy shows other signs of illness or the condition continues for more than two days.Regardless of the cause, the treatment is the same:1. At first sign of diarrhea: Feed NO FOOD for the first 12 hours for a young puppy (under eight months old) or 24 hours for an older puppy (eight months or more). This is the hardest part, but it rests the puppy’s guts and gives it time to heal.2. Continue to provide plenty of water. If the pup is vomiting–give ice cubes 1 or 2 at a time.3. May give Pepto-Bismol. Pepto is best for milder upsets, when puppy has some control but stool is soft or runny, or the puppy has normal number of stools but of softer consistency. Pepto liquid or tablets (tablets are less mess to administer–1/2 of adult human dosage is usually enough) 1 tsp per 20 pounds every 4 hours OR Kaopectate - 1 tsp per 5 lb every 2-6 hours.After fasting for 12-24 hours, begin feeding a bland diet consisting of a single source of protein and a single source of carbohydrates. Feed smaller meals and more frequent meals at first. The meals should be one part protein to three parts carbohydrate. Keep your puppy on this diet with plenty of fresh water for one or two days, or until the pup has two normal stools and is no longer vomiting. Then over the next week gradually resume his normal diet. Choose from the options below.

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| **Protein - one part** | **Carbohydrate - three parts** |
| Ground Turkey (Cooked & Drained) | Rice (White or Brown Cooked–not Quick Cook) |
| Boiled Chicken | Any Cooked Pasta |
| Low Fat Cottage Cheese   | Potato (Baked, Boiled or Mashed) |
| *No Egg or Red Meat* | Bread (Plain White) |

If you wish, you may add a 1/4 cup of plain yogurt to regular food/bland diet to encourage growth of “good” bacteria.It is helpful to keep a “diarrhea diary” (document time and consistency of the pup’s stools) and to complete the [“diarrhea questionnaire.”](http://www.hpwtdogmom.org/club/info/diarrhea-questionnaire.html) The diarrhea diary and questionnaire will help the vet to determine the severity of diarrhea and its causes and potential treatment options.Contact your leader to discuss any diarrhea or other health concerns. The pup may need to see a veterinarian or have a fecal examination if any of the following occur or continue to persist:When to contact your veterinarian:•    if the puppy’s temperature goes above 103 degrees•    if vomiting accompanies the diarrhea for more than half a day•    if quite a bit of blood appears in the stool (small amounts of blood or mucus are okay)•    if the diarrhea persists more than two days•    if your puppy cannot keep water down•    if you puppy is markedly depressedConstipation: The opposite of diarrhea is constipation. The pup may strain and have very hard stools, even yelp when relieving. Try adding 1/4 cup canned pumpkin (not the spiced pumpkin pie filling) to his regular food for a day or two. |