

VOMITING & DIARRHOEA IN DOGS

Understanding Gastrointestinal Upset, Care & When to Seek Help

Vomiting and diarrhoea are common in dogs and can range from mild and short-lived to serious. Knowing what to look for and when to act can make all the difference.



EARLY CARE
CAN PREVENT
COMPLICATIONS

? WHAT IS IT?

Vomiting is the forceful emptying of stomach contents. Diarrhoea is the passing of loose or watery stools. Both can occur together and are signs that something is irritating the gastrointestinal tract.



💡 DID YOU KNOW?

- Short episodes may be mild, but ongoing signs can lead to dehydration and serious illness.
- Puppies, senior dogs and dogs with other health conditions are at higher risk.
- Do not wait and see if your dog is showing other signs of illness. Early treatment leads to faster recovery.



COMMON CAUSES



Dietary indiscretion



Sudden diet changes



Infections (bacteria or viral)



Intestinal parasites



Food intolerances or allergies



Medications or toxins



Stress or anxiety



Underlying medical conditions

When in doubt, it's best to have your dog examined by a veterinarian.

1 RECOGNISE THE SIGNS

Common signs include:

- Vomiting
- Diarrhoea (loose or watery stools)
- Loss of appetite
- Lethargy
- Abdominal discomfort
- Excessive drooling
- Blood in vomit or stool



Dehydration is the biggest risk. Watch for dry gums, sunken eyes and weakness.

2 AT-HOME CARE (MILD CASES)



Withhold food for 12 hours (water should always be available).



Introduce a bland diet in small amounts: boiled chicken and rice. Feed small meals every 4–6 hours.



Keep water available at all times. Offer small amounts frequently.



Rest and monitor your dog closely.



No human medications or rich foods. These can make things worse.

3 WHEN TO SEEK VETERINARY ATTENTION



Seek veterinary care immediately if your dog experiences any of the following:

- Vomiting or diarrhoea lasts more than 24 hours
- Your dog is unable to keep water down
- Blood in vomit or diarrhoea
- Severe lethargy or weakness
- Signs of dehydration (dry gums, sunken eyes, loss of skin elasticity)
- Abdominal pain or bloating
- Puppies, senior dogs or dogs with underlying health conditions

4 HOW IS IT DIAGNOSED?

Your veterinarian may:

- Perform a physical examination
- Ask about recent diet and history
- Check hydration status
- Recommend tests such as faecal analysis, blood tests or X-rays if needed



Accurate diagnosis helps find the cause and the most effective treatment.

5 TREATMENT AT THE CLINIC



Fluid therapy may be given to correct dehydration.



Medications may be prescribed to control vomiting, protect the stomach and treat the cause.



Treatments target the underlying problem such as infections, parasites or dietary issues.



Hospitalisation may be needed for severe cases.

6 RECOVERY & AFTERCARE

- Follow your veterinarian's instructions carefully.
- Continue bland diet and gradually reintroduce normal food.
- Probiotics may help restore gut health.
- Monitor your dog closely for any return of signs.

If signs return or worsen, contact your veterinarian.



PREVENTION TIPS



Keep bins secured and toxic items out of reach



Avoid giving table scraps or rich foods



Introduce new foods gradually



Maintain regular worming and parasite prevention



Provide a balanced diet and a low-stress environment



(02) 6852 1775



62 Templar Street,
Forbes NSW 2871



forbesvet.com.au



Forbes Veterinary Clinic