

## Vomiting in dogs

### Overview

- Vomiting is a common symptom that can be caused by many different things.
- Most cases of vomiting in dogs improve within 24 hours, but some are more serious and require treatment from a vet.
- It's not always necessary to see your vet the first time your dog throws up, but it's extremely important to monitor them closely and call your vet for advice if they vomit more than once, seem unwell, or have any other symptoms.
- **Contact your vet immediately** if your dog is repeatedly trying to vomit but not bringing anything up, especially if they have a bloated tummy - these are symptoms of a twisted stomach/GDV.

### Causes



Vomiting is a common problem in dogs. Fortunately, most cases are caused by something minor that resolves in less than 24 hours, but some are much more serious and require veterinary treatment. Some of the conditions that can cause vomiting in dogs include:

## Gut problems

- Gastritis (inflammation of the stomach)
- [Gastroenteritis](#) (inflammation of the stomach and guts)
- [Haemorrhagic gastroenteritis \(HGE\)](#)
- Gut infections such as [parvovirus](#)
- [Eating something harmful](#)
- [A gut blockage](#)
- [GDV/twisted stomach](#)
- [Worms](#) (most common in puppies)
- Gut ulcers (rare)

## Other

- [Travel sickness](#)
- [Pancreatitis \(inflammation of the pancreas\)](#)
- [Pyometra \(infected womb\)](#)
- [Vestibular disease](#) (and other balance issues)
- A medication reaction/side effect
- Liver disease
- Kidney disease
- [Addison's disease](#) (a hormonal problem)
- Food allergies
- [Diabetes](#)

## How to tell if your dog is feeling sick

Dogs often show the following signs if they are feeling nauseous (sick):

- Lip licking and swallowing more than usual
- Dribbling more than usual
- Restlessness and pacing
- [A reduced appetite](#)

## When to contact your vet

It's not always necessary to see your vet the first time your dog throws up, but it's extremely important to monitor them closely and call your vet for advice if

they vomit more than once, seem unwell, or have any other symptoms. Contact your vet straight away if your dog has been vomiting for more than 24 hours, is vomiting constantly with no breaks, is vomiting and is very young or very old, has been vomiting and has other illnesses, or any of the other symptoms listed below:

- [Lethargy \(low energy\)](#)
- [A bloated tummy](#)
- A painful abdomen
- Retching/trying to vomit but not bringing anything up
- Has blood or black dots (like coffee granules) in their vomit
- Signs of dehydration (for example sticky gums or sunken eyes)
- Disorientation or [collapse](#)

**You know your dog best. If they don't have the symptoms listed above but you are still concerned, contact your vet.**

## Caring for a dog who has vomited

If your dog has only vomited once and seems otherwise well, you may decide to wait and see if they vomit again before taking them to the vets. Here are a few things you can try at home during that time.

### **Starve for a short amount of time**

A short period without food (12 - 24 hours) can sometimes help.

### **Small, regular bland meals**

Give your dog small, regular, bland meals throughout the day. Bland diets are available in tins (contact your vet for more information), or alternatively you can give them plain boiled rice and chicken breast or white fish. Don't give your dog anything rich or fatty – this could make things much worse! Once your dog has stopped vomiting you can start to re- introduce their normal food again.

### **Plenty of water**

To prevent dehydration your dog may need to drink more to replace the water they're losing in their vomit. Provide plenty of fresh water and make sure your

dog is drinking little and often throughout the day. Speak to your vet if your dog won't drink or is drinking much less or more than usual.

### **Rest**

While your dog is feeling poorly, it's unlikely that they will want to do anything energetic - it's a good idea to let your dog rest and recover for a couple of days.

Published: Dec 2020