






Tummy trouble?



5 common causes






Digestive upsets are common in dogs and cats and are often caused by:

-  **Scavenging**
-  **Stress** such as travel or a stay in kennels
-  **A change in diet**
-  **Antibiotics**
-  **Underlying gut problem**

Top tip:
Ask your vet
for advice!

5 typical remedies

If your pet has a digestive upset your vet may suggest treating them with:

-  **A bland diet** – ‘rests’ the gut short-term but still gives your pet essential nutrients and energy.
-  **Probiotics** – live bacteria to help reduce the levels of bad bacteria in the gut and support the good ones.
-  **Prebiotics** – a food source for good bacteria in the gut and an energy source for the gut cells.
-  **Clays** such as kaolin – can help firm up loose faeces and help to remove toxins from the gut.
-  **Pectin** – derived from plant cell walls this can help firm the faeces and soothe the gut lining.

2 names to remember



The safe and natural choice for gastrointestinal support

Introducing or stimulating friendly bacteria in your pet's gut is a safe and efficient way to normalise their digestive balance quickly. There are a number of probiotic or prebiotic products your vet can choose to prescribe, depending on your pet's symptoms.



Tel: +61 2 8879 4888
Email: anz@protexin.com
protexinvet.com

Tummy upsets – get to know the common food culprits

Whilst dogs have similar digestive systems to our own, there are certain human foods which are not suitable for our four legged friends. We've created a quick guide to show you which foods are best avoided to keep your pet's tummy happy.



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Foods to avoid...



Dried fruit & grapes

Currants, raisins, sultanas and even grapes can cause vomiting, diarrhoea, uncoordinated movement and acute kidney failure.



Chocolate & caffeine

Chocolate, along with coffee and caffeine, affect the central nervous system, cardiac and skeletal muscle. Dark chocolate is more dangerous than milk chocolate but all are best avoided.



Onions & garlic

Onions, garlic, leeks and chives can cause vomiting, diarrhoea and destruction of red blood cells.



Sweets

Xylitol, an artificial sweetener, ingested at high levels can cause insulin release, low blood glucose and liver toxicity.



Dairy products

Some dogs will be unable to digest the sugar found in dairy products which may cause mild diarrhoea.



Meat & fish bones

Small bones splinter easily and can cause serious injury to your dog's mouth and digestive tract.



Nuts

Nuts, especially Macadamias, can cause dogs to vomit, have increased body temperature and experience weakness, tremors and depression.



Bread

Yeast dough can cause an accumulation of gas in your dog's digestive system as a result of the yeast rising. Apart from causing pain this may also cause their stomach or intestines to become blocked.

Contact
your vet if your
dog has eaten
anything on
this list

Walkies!

Another vital ingredient for a healthy, happy digestive system is fresh air and exercise. But there are a few things to be aware of when you're out and about. Here are our top tips:



Avoid rubbish

Look out for discarded take-away containers and overflowing bins to avoid the temptation of mystery foods and potential hazards like small bones.



Say 'thanks, but no thanks'

It's great for your dog to make new friends when they're out and about. But if someone wants to offer your dog a treat, unless you know what they're giving them is safe, it's best to say 'no thanks'.



Bring a bowl

Keeping hydrated is vital for your dog's general health. It's a good idea to carry a light-weight pop-up water bowl with you – particularly in hot weather. That way you can be sure your dog is drinking plenty of clean water.

