

Sierra Animal Wellness Center

Specializing in Holistic, Integrative Veterinary
Medicine



October 30, 2017



Pumpkin and Mild GI Upset

Fall is definitely in the air and what could be more symbolic of this time of year than pumpkins! It has been long and widely acknowledged that pumpkin has definite benefits for dogs and cats, who are suffering from mild and temporary GI upset. Canned pumpkin's dietary fiber absorbs water which can be a great help when treating diarrhea. And while it may seem contradictory, that same fiber and water found in canned pumpkin can help soften stools and be a good natural remedy for constipation. It can also help settle an upset tummy.



What kind of pumpkin?

Choose 100% pure pureed pumpkin available in the canned vegetable aisle of most grocery stores. Do not use canned pumpkin pie filling. The added ingredients can cause even more tummy trouble. Once opened canned pumpkin does not have a very long shelf life, just a couple of days. Freezing the leftovers in an ice cube tray or mini muffin pan is a great way to avoid waste and make sure you always have this tummy tamer on hand. Just freeze in the dosage size that is appropriate for your pet.

How much should I give?

This is not an exact science and the amount will vary with the size and species. In any case, it doesn't take much pumpkin to see results. For a small dog or cat, start with a ½ teaspoonful, increasing to one or two teaspoons if necessary. Give kittens, puppies and teacup breeds a bit less and larger adults a bit more. For large dogs, start with a tablespoonful of canned pumpkin and slowly increase the amount if needed. You should see improvement in your pet within a few hours.

Even if your pet has no digestive issues, adding a bit of pumpkin to his or her diet can help your pet stay regular. Pumpkin is a healthy addition to your pet's diet and is a great source of fiber, potassium, vitamin A, vitamin C and, as its orange color suggests, carotenoids.

How to give pumpkin?

Most critters enjoy the taste and you can just mix pumpkin in with your pet's regular food. But some of our furry friends just don't like it. Fortunately canned pumpkin is easy to draw up into a syringe and administer that way. If you want some guidance on how to do this, stop by the clinic and we'll be happy to show you.

A word of caution...

As noted above, if it is going to work, you should see improvement in your pet within a few hours. If you don't see any improvement within a day or two, give us a call. If a parasite is involved a specific medication may be required. And please remember, if your pet seems painful or the symptoms are constant and violent, call us right away. You can reach us at (530) 346-6611.

Until next time, be well.

- Dr. Peggy

Happy Halloween!



Have fun but be sure and protect your furry friends! Use common sense and keep them away from candy wrappers, ribbons or ties, candles and rotting jack-o-lanterns. Protect them from slipping out the door as you greet trick-or-treaters and keep them away from all candy as many contain chocolate or chemicals that can be harmful or even fatal to your furry companions. We love to see you, but not for reasons like these!

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Clinic Hours

Monday, Thursday and Friday
from 9:00 to 6:00

Tuesday from 9:00 to 3:00

Wednesday from 12:00 to 6:00

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