



## SIMKO DANES BLOAT GUIDE

Know the symptoms, know what to do!

**BLOAT-** often used interchangeably for two separate but related medical conditions. “Gastric Dilation-Volvulus” commonly known as “GDV”.

**BLOAT CAN BE FATAL TO GREAT DANES!**

**Bloat/ Gastric Dilation** is when the stomach becomes bloated with gas.

**Volvulus** is when the stomach becomes distended with air and is twisted where the esophagus meets the stomach, thus trapping gas in the stomach causing the stomach to swell or “bloat”.

Bloat and GDV can (and most commonly will) coincide with each other. This is the reason the term “Bloat” is used so interchangeably. Bloating of the stomach is often related to swallowed air (although food and fluid can also be present). It usually happens when there's an abnormal accumulation of air, fluid, and/or foam in the stomach (“gastric dilatation”). Stress can also be a significant contributing factor. As the stomach fills with gas, it may rotate 90 to 360 degrees. The twisting of the stomach can place pressure on the diaphragm and cause difficulty with breathing. Even more concerning, the added pressure can also cut off the return blood supply to the heart and lead to a rupture. This can lead to a state of shock, and even death when not immediately treated.

**Your vet may recommend having your puppy's stomach tacked during the spay or neuter procedure. This may help prevent Bloat, but ultimately the choice is yours!**

**If your dog begins to show signs of bloat distress, you only have a limited amount of time! Always keep a product with simethicone on hand (e.g., Mylanta Gas (not regular Mylanta), Gas-X, etc.) in case your dog has gas. If you can reduce or slow the gas, you've probably bought yourself a little more time to get to a vet if your dog is bloating.**

**Know, in advance, what you would do if your dog bloated!**

### CAUSES:

#### ★ Stress

- Dog Shows, Mating, Whelping, Boarding, change in routine, new dog in the household, etc.
- Activities that result in gulping air

## CAUSES (cont.):

### ★ Eating habits, especially:

- Elevated food bowls
- Rapid eating
- Eating dry foods that contain citric acid as a preservative (the risk is even higher if the owner moistens the food)
- Eating foods that contain fat among the first four ingredients
- Insufficient pancreatic enzymes, such as Trypsin ( a pancreatic enzyme present in meat)
- Dogs with untreated Exocrine Pancreatic Insufficiency (EPI) and/or Small Intestinal Bacterial Overgrowth (SIBO) generally produce more gas and thus are at greater risk
- Dilution of gastric juices necessary for complete digestion by drinking too much water before or after eating
- Eating gas-producing foods (especially soybean products, brewer's yeast, and alfalfa)
- Drinking too much water too quickly (can cause gulping of air)

### ★ Exercise before and especially after eating

## SYMPTOMS:

Typical symptoms often include some (but not necessarily all) of the following:

Unfortunately, from the onset of the first symptoms, you have very little time (sometimes minutes, sometimes hours) to get immediate medical attention for your dog. Know your dog and know when it's not acting "right".

### ★ Attempts to vomit (usually unsuccessful): may occur every 5-30 minutes

This seems to be one of the most common symptoms & has been referred to as the "hallmark symptom"

"Unsuccessful vomiting" means either nothing comes up or possibly just foam and/or mucus comes up

Some have reported that it can sound like a repeated cough

### ★ Doesn't act like usual self

Perhaps the earliest warning sign and may be the only sign that almost always occurs

We've had several reports that dogs who bloated asked to go outside in the middle of the night. If this is combined with frequent attempts to vomit, and your dog doesn't typically ask to go outside in the middle of the night, bloat is a very real possibility.

### ★ Significant anxiety and restlessness

One of the earliest warning signs and it seems fairly typical

★ **“Hunched up” or “Roached up” appearance**

This seems to occur fairly frequently

★ **Lack of normal gurgling and digestive sounds in the tummy**

Many dog owners report this after putting their ear to their dog’s tummy.

If your dog shows any bloat symptoms, you may want to try this immediately.

★ **Bloated abdomen that may feel tight (like a drum)**

Despite the term “Bloat”, many times this symptom never occurs or is not apparent

★ **Pale or off-color gums**

Dark red in early stages; white or blue in later stages

★ **Coughing**

★ **Unproductive gagging**

★ **Heavy Salivating or drooling**

★ **Foamy mucus around the lips, or vomiting foamy mucus**

★ **Unproductive attempts to defecate**

★ **Whining**

★ **Pacing**

★ **Licking the air**

★ **Seeking a hiding place**

★ **Looking at their side or other evidence of abdominal pain or discomfort**

★ **May refuse to lie down or even sit down**

★ **May stand spread-legged**

★ **May curl up in a ball or go into a praying or crouched position**

★ **May attempt to eat small stones and twigs**

★ **Drinking excessively**

★ **Heavy or rapid breathing**

★ **Cold mouth membranes**

★ **Apparent weakness: unable to stand or has a spread-legged stance**

Especially in advanced stages

★ **Accelerated heartbeat**

Heart rate increases as bloating progresses

★ **Weak pulse**

★ **Collapse**

# Quick Reference Guide For GDV BLOAT

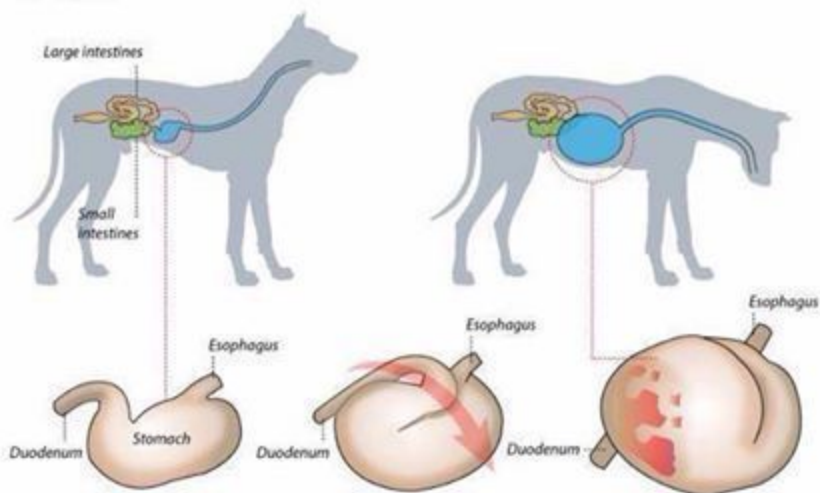
Vet's Emergency Telephone Number...

	What Is Happening	What The Dog Does	What You Should Do	Treatment
Stress ▶▶▶ Excitement ▶▶▶▶ Vigorous Exercise ▶▶▶▶▶ Large Meals ▶▶▶▶▶ Long Drink ▶▶▶▶▶ Swallowed Air ▶▶▶▶▶ Familial Tendency ▶▶▶▶▶	Stomach function is normal.  Gas accumulates in the stomach but the stomach does not empty as it should.	Dog behaves as usual.  Seems slightly uncomfortable.	Keep the dog quiet; Do not leave the dog alone; Give Antacid if your vet agrees.  Be aware of Phase I symptoms.	During this period the dog may recover without going on to develop Gastric Volvulus.
<b>PHASE I GDV</b>	Stomach starts to dilate. (Gastric Dilatation)  Stomach twists. (Gastric Volvulus)	Anxious, restless, pacing; Trying to vomit-may bring up stiff white foam but no food; Salivating; Abdomen may be swollen.	Call your vet, tell him what you suspect and why.  Take the dog to the vet without further delay.	During this period the dog may recover if your vet releases the pressure with a stomach tube.
<b>PHASE II GDV</b>	Blood supply to part of stomach is cut off. Stomach tissue is damaged. Portal vein, vena cava and splenic vein become compressed and twisted. Spleen becomes engorged. Shock begins to develop	Very restless; whining & panting; Salivating copiously; Tries to vomit every 2-3 min; Stands with legs apart & head hanging down; Abdomen swollen & sounds hollow if tapped; Gums dark red; Heart rate 80-100 beats / min; Temperature raised (104°F)	Get someone to tell your vet you are on your way and why.  Take the dog to the vet as quickly as possible.	During this period the vet will need to relieve the stomach pressure, start an intravenous drip and perform surgery to untwist the stomach.
<b>PHASE III GDV</b>	Spleen and stomach tissue become Necrotic.  Shock now very severe.  Heart failure develops.  Shock now irreversible.  Death	Unable to stand or stands shakily with legs apart; Abdomen very swollen; Breathing shallow; Gums white or blue; Heart rate over 100 beats / minute; Pulse very weak;  Temperature drops (98°F)	Death is imminent.  Get someone to tell your vet you are on your way and why.  Take the dog to the vet as quickly as possible.	As well as doing everything above, the vet will need to remove part of the stomach and the spleen. He will also need to use powerful drugs to counteract shock.  It is no longer possible to save the dog's life.

# BLOAT:

## Is Your Dog at Risk?

**Gastric Dilatation Volvulus (GDV)**, also known as bloat, is a life-threatening condition in which the dog's stomach fills with air, fluid and/or food. The enlarged stomach twists and puts pressure on other organs, causing difficulty breathing and eventually decreasing blood supply to a dog's vital organs.



Eating fast, stress and having one large meal each day can cause bloat.

Gas and fluid cause the stomach to expand and twist.

The distended stomach presses against vital organs compromising blood flow.

### Breeds most at risk

Large and giant dog breeds are most at risk for bloat due to a deep and narrow chest.

- Great Danes
- Saint Bernards
- Weimaraners
- Golden Retrievers
- German Shepherd Dogs
- Wolfhounds
- Bloodhounds

### Symptoms

There are three phases of bloat.

#### PHASE 1

- Anxious and restless
- Distended abdomen
- Unsuccessful attempts to belch or vomit

#### PHASE 2

- Excessive salivation
- Rapid heartbeat

#### PHASE 3

- Weakness
- Shortness of breath
- Pale gums

### Treatment

Initial treatment involves:

- Relieving pressure on the stomach
- Treating for shock
- A stomach tube may be passed to allow gas to escape
- Intravenous fluids to maintain blood pressure and support the heart's function.
- Surgery (involves emptying the stomach, rotating the stomach and spleen back into their correct positions, and removing any tissue that is too damaged to heal)