THE TRUTH ABOUT POOP

What's normal, what's not, and what you can do to help your puppy's tummy adjust

Bringing your puppy home is exciting—but let's talk about something a little less glamorous: **puppy poop**. Loose stools are one of the most common things we hear about in the first few days after pick-up, and in most cases, it's totally normal.

During big transitions (new home, new people, new routine), puppies often experience **mild, short-term diarrhea**, usually due to **stress colitis**—a temporary inflammation in the colon that causes soft or loose stools. This occurs when stress disrupts the normal balance of gut bacteria, leading to **overgrowth of naturally occurring bacteria** (like *Clostridium perfringens*), which can cause inflammation and diarrhea. Their digestive systems are still maturing, and a little bit of upset is expected.

Common Causes of Loose Stool:

- Stress or overexcitement
- Sudden changes in food or too many new treats
- Travel, vaccinations, or deworming
- Illness (if paired with vomiting, lethargy, or not eating—call your vet)

When to Call Your Vet:

- Diarrhea lasts more than 2-3 days with no improvement
- Puppy is also vomiting or not eating/drinking
- There's blood in the stool or it's black/tarry
- Your puppy seems lethargic or "off" in any way



What I Recommend for Supporting Their Gut:

We like to give you tools to help support your puppy's digestion from the start. Below are products we use or recommend—and how to use each one if your puppy has a mild upset stomach:

1. Proviable-KC Kit (Paste + Capsule)

We'll be sending you home with this kit to use during your puppy's first 10 days at home.

- **What it does:**
    - **KP Paste:** Soothes and firms stool quickly using kaolin and pectin
    - **DC Capsule:** Rebuilds healthy gut flora with multi-strain probiotics



How to Use:

- **DC Capsule: Start on Day 1 at home. Give 1 capsule daily, with or on food. Continue until capsules are gone.**
- **KP Paste: Start at the first sign of loose stool. Give 1 mL twice daily for 3 days, or dose per package instructions.**

2. Fiber Support *(Highly Encouraged for the Going Home Transition Period)*

I **highly encourage you to add fiber** to your puppy's meals during the **first 7 days at home** to help support digestion during this big transition. Fiber helps firm up stool, supports the colon, and can be very beneficial for puppies with sensitive tummies. It's also great to **have on hand for any future soft stool or diarrhea episodes**.

Option A: Proviable Fiber Powder- Formulated for pets

- A 5-in-1 blend of soluble + insoluble fiber to help improve stool consistency and regularity
- **How to use:**
    - Give **½ tsp per 20 lbs**, twice daily with food



Option B: Plain Psyllium Husk (Alternative to Proviable Fiber)

- A simple, effective fiber option that helps absorb excess water in the colon
- **How to use:**
    - Mix **½ teaspoon per feeding** (morning and evening meals)
    - Use for **7 days during the adjustment period**
    - Monitor stool quality and adjust as needed



3. FortiFlora (Probiotic)- for later GI events

- **What it does:** Contains a beneficial probiotic strain that helps firm up stool and support the immune system.
- **How to use:** Sprinkle **1 packet daily** over food for **5–7 days** or during/after any stressful event.
- **Note:** Great to keep on hand for future transitions, travel, or mild tummy upset.



4. Plain Canned Pumpkin- for later GI events or to use as a treat!

- **What it does:** A natural source of fiber that helps regulate stool—whether it's too loose or too firm.
- **How to use:** Mix **1–2 tsp per meal** for puppies under 30 lbs. Use only plain pumpkin (no pie filling or added sugar).



A Few Final Notes

- Keep things consistent—avoid introducing new treats or foods too quickly
- Hydration matters—make sure your puppy always has access to fresh water

If you're ever unsure, contact your veterinarian

BLUE INDICATES NORMAL POOP APPEARANCE!!!!

GASTROINTESTINAL

FECAL SCORING SYSTEM FOR PUPPIES

DIRECTIONS FOR USE

Score stools individually **from 1 (formed and dry) to 5 (liquid)**.
When consistency of the stools is not homogenous, record the higher score.

TOO HARD / TOO SOFT | ACCEPTABLE | OPTIMAL



1

FORMED, DRY AND HARD FECES



2

FORMED, DRY BUT NOT HARD FECES

Cylindrical shape feces, dry appearance, separated in pellets. Harder ones can be deformed with some difficulty (fig. II) or more easily (fig. III).

SOFTER ONES ARE SLIGHTLY STICKY (fig. IV)



2.5

SOFT FORMED FECES

Formed but very soft feces. Cylindrical shape separated in pellets (fig. V) or with presence of stria (fig. VI). Softer ones are pasty, still cylindrical shape but no stria (fig. VII).



3

4

SOFT UNFORMED FECES

Feces mainly unformed with a small formed part (fig. VIII) or pasty unformed feces (fig. IX & X). In some cases (fig. IX) a cylindrical shape is visible (a), but is not maintained due to the high humidity.

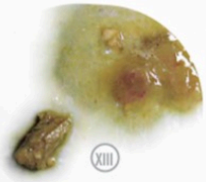
IF 7 WEEKS OLD OR LESS	IF 8 WEEKS OLD OR MORE
MINI & MEDIUM PUPPIES: VIII IX X	MINI & MEDIUM PUPPIES: VIII IX X
MAXI & GIANT PUPPIES: VIII IX X	MAXI & GIANT PUPPIES: VIII IX X



4.5

LIQUID FECES ASSOCIATED WITH SOFT FECES

The main part of the feces is represented by soft (fig. XI) or liquid (fig. XII) feces.



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LIQUID FECES (fig. XIII)