

# Dumping Syndrome

After gastric bypass surgery, you no longer have a sphincter (door) to regulate how much or how fast food leaves the pouch. Dumping syndrome occurs when undigested food that is **high in simple sugar** (white bread, cakes, cookies, ice cream, etc.) or **high fat** (deep fried items) leave the pouch and “**dump**” into the intestines too quickly. Water is then drawn into the intestines in an attempt to dilute the concentration of sugar or fat in your digestive system. Early dumping can happen while you are eating or within **10-15 minutes** after finishing a meal. Diarrhea is a common indication you are dumping from foods eaten. Late dumping can occur upwards into **1-3 hours** after a meal. Approximately **85%** of patients experience dumping syndrome at some point after surgery.

## Early Dumping signs and symptoms:

- ✓ Nausea
- ✓ Abdominal cramps
- ✓ Cold sweats
- ✓ Increased heart rate
- ✓ Drop in blood pressure
- ✓ Flushing
- ✓ Vomiting
- ✓ Diarrhea

## Late Dumping signs and symptoms:

- ✓ Cold sweats
- ✓ Lightheaded/dizzy feeling
- ✓ Shakiness
- ✓ Weakness
- ✓ Hunger
- ✓ Anxiety



## Preventing dumping syndrome:

- ✓ **Avoid high sugar and high fat** foods; fried foods
- ✓ Eat slowly
- ✓ Read food labels for added sugar; products with **less than 5 grams** of sugar are typically well tolerated
- ✓ Foods with natural sugars (milk, fruits and starchy vegetables) are typically well tolerated

## Avoid these added simple sugars:

- |                   |                            |                        |
|-------------------|----------------------------|------------------------|
| ✓ Cane sugar      | ✓ Sugar in the Raw         | ✓ Confectioner's sugar |
| ✓ Invert sugar    | ✓ Maple syrup              | ✓ Corn sweeteners      |
| ✓ Molasses        | ✓ Malt                     | ✓ Sucrose              |
| ✓ Table sugar     | ✓ Brown sugar              | ✓ Dextrose             |
| ✓ Turbinado sugar | ✓ High-fructose corn syrup | ✓ Maltose              |
| ✓ Agave nectar    | ✓ Honey                    |                        |