

Dumping Syndrome

What is dumping syndrome?

Dumping syndrome describes a range of symptoms that you may experience after gastric bypass surgery. Eating large quantities of sugary foods can cause your blood sugar level to become too high, because the sugar is very quickly absorbed into the bloodstream. This can result in the body producing large amounts of insulin, which causes your blood sugar levels to drop and has a range of unpleasant side effects.

What symptoms may I experience?

Symptoms vary from person to person, but include:

- Nausea and/or Vomiting
- Fast heart rate / feeling sweaty
- Stomach cramps
- Diarrhoea
- Feeling dizzy and faint

What should I do if I get dumping syndrome?

If you do get symptoms of dumping syndrome then lie down for a while and they should resolve. Try and identify what it was you ate or drank that caused it so you can stop it happening again.

What can I do to avoid getting dumping syndrome?

- Limit sugary foods e.g. sweets, chocolates, biscuits and cakes
- Limit sugary drinks e.g. sugar in hot drinks, full sugar squashes, fruit juices and sugary milkshakes
- Look out for alternative names for sugar e.g. glucose, sucrose, fructose, dextrose, honey or corn syrup
- Use artificial sweeteners instead e.g. Canderel, Hermesetas, Splenda, Sweetex or supermarket own brands
- Use low sugar drinks e.g. Kia Ora no added sugar, Robinsons no added sugar, Ribena no added sugar or supermarket own brands
- Eat six small meals daily instead of three larger meals
- Eat slowly
- Avoid liquids for at least half an hour after a meal

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