



# NLOSS

North London Obesity Surgery Service

## Dumping Syndrome

### Patient Information

#### What is dumping syndrome?

While it is more likely to occur after a gastric bypass it is also known to occur after a sleeve gastrectomy. Dumping syndrome describes a range of symptoms you may experience after bariatric surgery if you eat or drink inappropriate foods or beverages. These symptoms include stomach cramps, nausea, loose stools and feeling faint.

**Early dumping** can be caused by ingesting sugary, fatty or liquid foods or if drinking while eating. These rich nutrients move “dump” into your small bowel faster than before surgery, causing symptoms of heart palpitation, nausea or sweating.

**Late dumping** is caused by sugary foods or large portions of simple carbohydrates, which cause your blood sugar level to quickly increase at first. This can result in the body producing large amounts of insulin, which causes your blood sugar levels to rapidly drop below normal level in response. This is known as **hypoglycaemia**.

#### Helpful dietary changes

- Limit sugary foods and drinks such as sweets, chocolates, biscuits, cakes, full sugar squashes, smoothies and juices.
- Look out for alternative names for sugar such as glucose, sucrose, fructose, dextrose, honey or corn syrup.
- Avoid high fat foods, such as ice cream or milkshakes.
- Use low sugar drinks such as no added sugar squashes.
- Eat slowly.
- Avoid liquids for 30 minutes after a meal.
- Lie down if you experience these symptoms.

After you recover from this unpleasant experience make a note of what you have drunk or eaten prior to the onset of your symptoms and avoid that item.



**If you experience low blood sugar, contact your GP or your bariatric team immediately.**

**Should you need more information, please contact our Specialist Bariatric Dietitians on 0207 288 5989.**

**Patient advice and liaison service (PALS)**

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.PALS@nhs.net](mailto:whh-tr.PALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please email [whh-tr.patient-information@nhs.net](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

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