

Dumping Syndrome

Dumping syndrome can happen after gastric bypass surgery. It happens when a food or liquid moves too quickly from your small stomach pouch into your intestine.

This can happen when you eat or drink something that is high in sugar or fat. Your intestine pulls in extra water to help thin it out. The arrow in the picture on the right shows how food travels in your body.

Not everyone gets dumping syndrome, and it may get better over time.

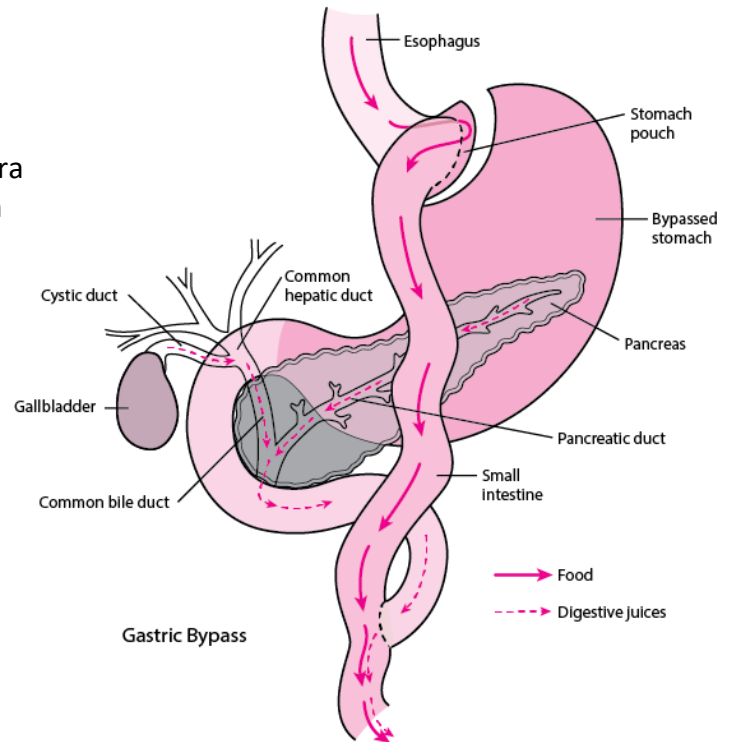
If you do experience dumping syndrome, symptoms usually start within 20 minutes after eating or drinking something your body does not tolerate (handle) well. The symptoms may last about 1 hour. If this happens, rest for 45 to 60 minutes to allow the symptoms to pass.

Symptoms of dumping syndrome include:

- Shaking
- Feeling very tired
- Liquid diarrhea
- Sweating
- Nausea
- Flushing or feeling overheated
- Rapid heart rate
- Pounding heart
- Abdominal cramping
- Body aches

Preventing Dumping Syndrome

- Do **not** overeat.
 - Eat small portions.
 - Listen to your body's signals.
 - Stop eating before you are full.
- Avoid **any** liquid with food! Wait 30 minutes after eating to have liquids.
- Avoid sweets like ice cream, frosting, candy, flavored coffee, cookies, etc.
- Avoid high-fat foods, like creamy sauces. Do not eat greasy or fried foods.
- Notice the types and amounts of food that bother your stomach and avoid it in the future.



Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Center for Weight Loss and Metabolic Surgery:
206.598.2274

