

Dumping Syndrome and Gastric Bypass

The intact stomach serves as a storage vessel for food after eating a meal. A small amount of digestion occurs in the stomach. Also, food is ground up and held in place by a small muscle at the bottom of your stomach that opens and closes to slowly release food into the small intestine. This muscle keeps food from rushing out and overwhelming the small intestine. Gastric bypass surgery removes this muscle, and the stomach is not able to contain food as well. Essentially, the new stomach or “pouch” is like a funnel, and foods will pass through much more quickly, especially if they are liquid. As a result, certain foods (most commonly sugar and refined carbohydrates) can cause you to feel the symptoms of dumping syndrome.

Recognizing Dumping Syndrome

There are two types of dumping syndrome:

- **Early dumping syndrome**, which occurs 20 to 60 minutes after eating. Symptoms include:
 - Nausea
 - Diarrhea
 - Cramping
 - Light-headedness
 - Sweating
 - Fast heart rate
- **Late dumping syndrome** (low blood glucose), which occurs 1 to 3 hours after eating. Symptoms include:
 - Sweating
 - Shakiness
 - Tiredness, sleepiness
 - Passing out
 - Hunger
 -

How to Avoid Dumping Syndrome

- Track the type of foods you eat and when you eat them, along with symptoms you experience. This record may help you to identify foods or behaviors that cause dumping syndrome.
- Read food labels and avoid sugars. Foods high in sugar may cause dumping syndrome, so start by checking Nutrition Facts labels for the sugar content of products you are considering. Start with a limit of 5 grams per serving. (Your own tolerance of sugar may be more or less than 5 grams.) You may also find it beneficial to check the ingredients list on the food label, especially if the sugar content is not listed in the Nutrition Facts. Many foods have “hidden” sugar (see the list of examples later in this handout).
- Avoid juice, even if it does not have added sugar. You may be able to tolerate a small amount of juice diluted with water.
- Avoid alcohol.
- Avoid greasy and fried foods.
- Do not drink with meals. Also, do not drink 5 to 15 minutes before eating or at least 30 minutes after eating.
- Limit or omit carbohydrate foods with a high glycemic index (GI), such as those listed later in this handout.
- Do not go longer than 3 hours without eating, and try to eat a protein food as well a whole grain or fruit at each meal and snack.
- Try adding 3 to 5 grams of soluble fiber (such as Benefiber) at each meal.
- Determine whether you are lactose intolerant. If you are, avoid the foods listed at the end of this handout.

Foods That May Cause Dumping Syndrome

Foods with “Hidden” Sugars

- Honey
- High-fructose corn syrup
- Molasses
- Jellies, jams, and sweet spreads
- Barbecue sauce
-

- Sweet-and-sour sauce
- High-sugar cereals
- Thousand island, french, and other sweet dressings
- Sweet pickles and pickle relish
- Cakes, cookies, and candies
- Ice cream and frozen yogurt
- Juice (even “no sugar added” types)
- Popsicles
- Canned fruit in syrup

Note: Sucralose (Splenda), saccharine (Sweet 'N Low), and aspartame (Equal) do *not* cause dumping but your body may be sensitive to them.

Carbohydrate Foods with a High Glycemic Index

If you are experiencing late dumping syndrome (also known as *reactive hypoglycemia*), consider limiting or avoiding the following carbohydrate foods, which have a high glycemic index (GI):

- White bread
- Bananas
- Instant mashed potatoes
- Raisins
- Cornflakes

For more information about the glycemic index, including the GI for specific foods, visit www.glycemicindex.com.

Foods with Lactose

- Milk and milk products, such as puddings, sour cream, cheese, and yogurt
- Casein and various forms of caseinate, such as calcium caseinate or sodium caseinate
- Whey protein concentrate
- Milk protein solids
- Whey solids