

What is Dumping Syndrome?

Dumping syndrome is a problem that occurs in some patients after having gastric bypass surgery. It is the result of food passing too quickly into the small intestine. It is typically induced when the patient eats certain foods, such as sweets or certain carbohydrate sources (such as simple carbohydrates – sugar, some starches, processed foods). Dumping syndrome can also occur as a result of eating too much at one time.

Some symptoms of dumping syndrome include:

- nausea or queasiness
- a sense of fullness accompanied by discomfort
- cramping
- diarrhea
- general weakness
- profuse sweating
- vomiting
- heart palpitations (an increase in heart rate)

Common Foods to Avoid

In general, avoid foods with more than six grams (6 gms) of sugar per serving. Some typical foods those suffering from dumping syndrome may need to avoid:

- overly processed foods and carbohydrates
 - white bread
 - “Cheetos”, crackers, etc.
 - white flour, white rice,
 - cookies, cakes etc.
- sugars/fructose
 - honey, syrups, cane sugar
 - candy
 - any food with “high fructose” anywhere in the ingredients
- milk regardless of fat content (lactose is milk “sugar”)
 - cheese, yogurt are okay – the lactose has been consumed in the fermentation process

How to Avoid Dumping Syndrome

Adhere to the CWLS after-care program outlined in the Patient Handbook – that is – more frequent, small meals, no sugar or milk, no foods with more than 6 grams of sugar per “normal” serving, abstain from drinking liquids during your meals and wait at least 30 minutes after a meal before drinking any liquids.