

# Dumping Syndrome and Hypoglycemia

## **What is Dumping Syndrome?**

Dumping syndrome is a group of symptoms that occur when food or liquid passes too quickly from the stomach into the small intestine. When foods that are high in sugar are eaten, the intestines have to dilute this mixture by drawing in extra fluid, which causes feelings of cramping, bloating, and diarrhea. The loss of fluid from the rest of your body can cause a drop in blood pressure and additional symptoms listed below. The symptoms may occur 15-60 minutes after eating and can last as long as two hours.

## **Who is at risk for Dumping Syndrome?**

It occurs more often after Roux-en-y Gastric Bypass, but it can also occur after Sleeve Gastrectomy.

## **What causes Dumping Syndrome?**

Eating foods that have >15 g of sugar per serving will usually cause it.

## **How can I prevent Dumping Syndrome?**

You want to do everything you can to prevent this syndrome. It is important to read food labels and avoid foods with >15 g of sugar per serving. Additionally, drink your fluids between meals instead of with food.

## **What symptoms can occur with Dumping Syndrome?**

- Dizziness/weakness
- Rapid heart rate
- Drop in blood pressure
- Headache
- Shaking
- Sweating
- Nausea
- Gas/bloating
- Diarrhea
- Hypoglycemia (low blood sugar)

## **Hypoglycemia (Low blood sugar)**

### **What do I need to know about hypoglycemia?**

After gastric bypass surgery, you may experience hypoglycemia (low blood sugar <70), which can cause similar symptoms to Dumping Syndrome. Drops in blood sugar can be prevented by:

1. EATING 3 meals per day (DO NOT skip meals)
2. Including protein and carbohydrates (low-sugar) at every meal
3. Avoiding sugary beverages and simple sugars (see Foods to Avoid list below)

### **What should I do if I experience hypoglycemia (blood sugar <70)?**

If you experience hypoglycemia (blood sugar below 70) or have symptoms, then...

1. Eat glucose tablets to total 15 g
2. Eat 15 g of protein (see protein list)
3. Wait 15 minutes and recheck your sugar
4. If your blood sugar is still below 70 after 15 minutes, start over at step 1

The body will be able to process the protein and help convert it into sugars that your body needs. Glucose tablets are better than other forms of sugar because they do not have the additional fat and calories. Glucose tablets can be dissolved in an unconscious person's mouth. If you are on diabetic medication, talk to your healthcare provider about adjusting your dose. **Please contact the Tulane clinic if you experience these symptoms.**

### **What foods should I avoid to prevent Dumping Syndrome and Hypoglycemia?**

- Foods with >15 g sugar per serving
- Ice cream/sorbet
- Cookies/cake/icing/candy/pie
- Syrups/honey
- Soda/sweet tea/fruit juice/fruit drinks
- Cereal/crackers/chips
- Large quantities of fruit
- Chocolate milk/hot chocolate
- Applesauce with added sugar
- Yogurts with >15 g sugar
- Shakes/smoothies with >15 g sugar
- Most desserts