

DUMPING SYNDROME

What is it?

Dumping syndrome, or rapid gastric emptying, is a condition in which the stomach empties (or 'dumps') its contents into the small bowel faster than usual. It may develop following stomach surgery that alters the shape or size of the stomach and therefore the control and volume of food released (for example oesophagectomy, whipples procedure or Roux-en-Y gastric bypass).

What are the symptoms?

Dumping syndrome is classified into early or late:

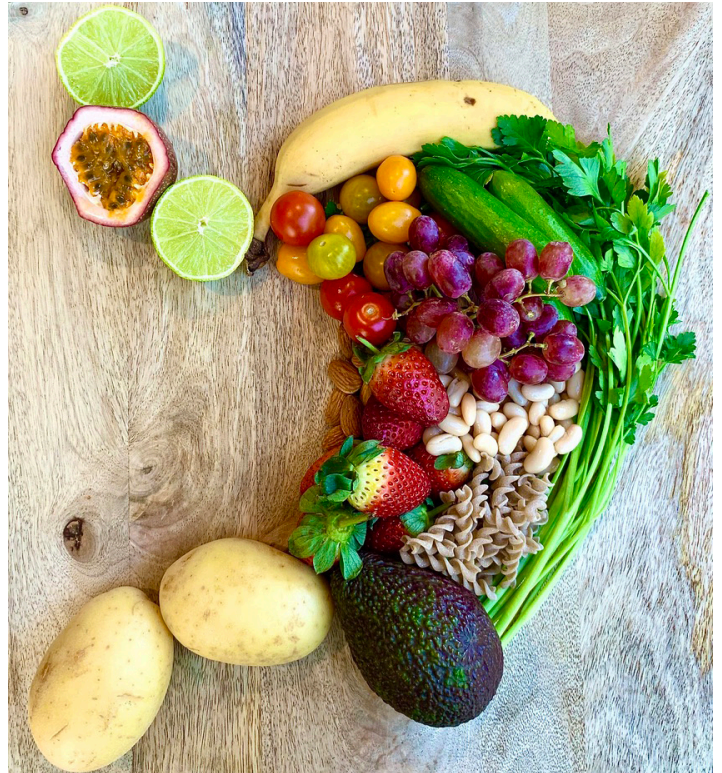
Early dumping syndrome

- Occurs 10-30 minutes after eating
- Food moves quickly into the small bowel
- Fluid rapidly follows food into the small bowel in response
- *Common symptoms:* Nausea, diarrhoea, cramping, vomiting, bloating

Late dumping syndrome

- Occurs 1-3 hours after eating
- In response to large amounts of food (especially sugar) dumping into the small bowel, the hormone insulin is released, causing a rapid drop in blood sugar
- *Common symptoms:* Weakness, cold sweats, dizziness, rapid heart rate

“Symptoms are usually more significant following high sugar foods”



How can I manage it?

- Limit foods high in sugar (lollies, soft drinks, juices)
- Eat 5-6 small meals rather than 3 large meals each day
- Increase fibre and protein in meals and snacks
 - Make the switch to wholegrains where possible
 - Aim for two serves of fruit and five serves of veg a day
 - Enjoy beans, chickpeas and/or lentils a few times a week
 - Snack on dairy foods and/or nuts and seeds
 - Incorporate at least one of the following into every meal and snack: meat, poultry, seafood, eggs, tofu, legumes, nuts, seeds, dairy
- Consume beverages more than 30 minutes before or after meals (fluid increases the rate of stomach emptying)
- Trial laying down or reclining after meals (this may reduce stomach emptying)