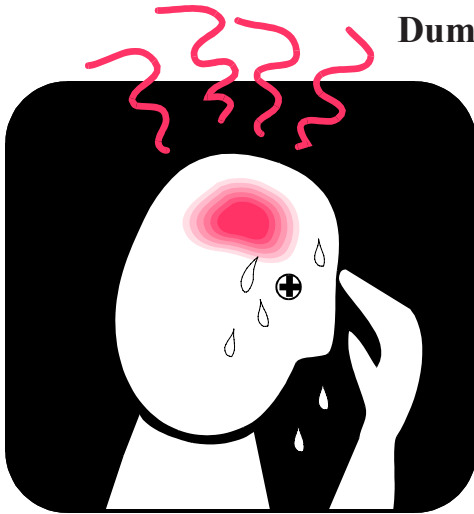


Dumping Syndrome



Dumping Syndrome is a problem which occurs after stomach surgery. Symptoms of dumping syndrome may include:

- feeling full
 - weakness
 - faintness
 - dizziness
 - palpitations
- sweating
 - cramping
 - diarrhea
 - headache
 - feeling of warmth

Normally, food is digested and mixed well by the stomach. In dumping syndrome, food moves into the small intestine too quickly.

The problem will go away within 6-12 months as your digestive system adjusts.

The following tips may help:

- 1) Decrease the amount of food you eat at one time. Try eating smaller meals more often. For example, have six small meals a day.
- 2) Eat foods that are high in protein and fat, but low in carbohydrates. Eating foods which are more dry may also help. Examples may be meats, eggs, cheeses, nuts, toast, potatoes, rice, crackers.
- 3) Stay away from sweets and soft drinks. These have a lot of sugar, or *carbohydrates*, in them.
- 4) Eat while you are reclining or partially reclining.
- 5) Lie down after you eat for at least 30 minutes.
- 6) Do not drink water or a lot of fluids with your meals.

Foods to Choose



Foods to Avoid



The Digestive System

