

Dietary tips to help overcoming dumping syndrome

The following instructions may help to reduce your symptoms;

- Eating five or six small meals a day instead of three larger meals.
- Including protein, fiber and complex carbohydrates in each meal.
- Avoiding simple sugars such as table sugar, which can be found in candy, syrup, sodas, sweets, sweetened juice and beverages.
- Avoiding temperature extremes (food being too hot or very cold).
- Chewing food very well and slowly eating.
- Taking time to relax after a meal.
- Using lactose free products if you have lactose intolerance.
- Follow 30/30 rule: No drinks 30 minutes before or after eating.
- Adding a serving of fat (olive oil) to your meals or snacks before eating.

Food choices for dumping syndrome

| Food Items | Good Choices | Foods to Avoid |
|--|---|--|
| Breads and grains | Whole wheat and grain products like breads, buns, pasta, rice, unsweetened breakfast cereals. | Sweetened cereals, donuts, cakes, sweet rolls. |
| Meats and other meat alternatives | Meat, poultry, fish, eggs, tofu, legumes, peanut butter. | Any meat not tolerated. |
| Dairy foods | Milk, yogurt, cheese, labna, laban. | Any sweetened milk and milk products, ice cream. |
| Fruits | Fresh, frozen, canned fruit without heavy syrup or added sugar. | Fruit canned in sugar/heavy syrup, sweetened fruit juice. |
| Vegetables | Any fresh, frozen, or canned vegetables. | None. |
| Drinks | Water, tea/coffee made without sugar, sugar-free beverages. | Soft drink, fruit drinks, sweetened beverages. All beverages at meals. |

***For further information consult your dietitian and physician.**

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What is dumping syndrome?

Dumping syndrome is a group of symptoms which occur when food, especially sugar, moves too fast from the stomach to the small intestine. This condition is also called rapid gastric emptying. Dumping syndrome has two forms, based on when symptoms occur:

- **Early dumping syndrome:** occurs 10 to 30 minutes after the meal
- **Late dumping syndrome:** occurs 2 to 3 hours after the meal

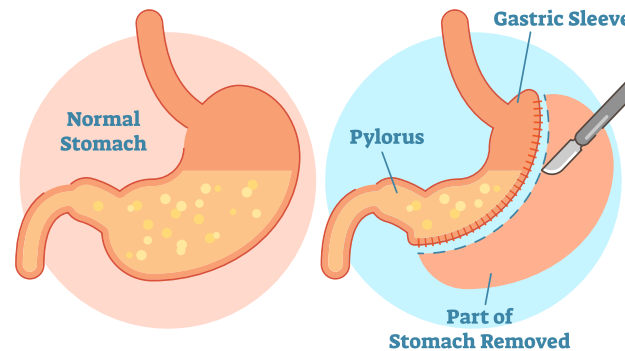
Causes of dumping syndrome

During digestion, starchy foods (carbohydrates) are broken down to sugars. The fast movement of the sugar rich mixture into the intestine sucks up to 1.5 liters of water from the body tissues into the gut resulting in a drop in blood pressure and feelings of faintness. This is called early dumping syndrome.

On the other hand, late dumping syndrome occurs when dietary sugars are absorbed very quickly from food into the blood stream, causing a rise in blood sugar. This will trigger the release of the insulin hormone which helps the sugar be taken up by tissues for energy production. If too much insulin is released, blood sugar levels start to fall too low (hypoglycemia).

Who is more likely to develop dumping syndrome?

People who have had surgery to remove or bypass a significant part of the stomach or intestine (e.g. bariatric surgery, gastrectomy and others) are more likely to develop dumping syndrome. Other conditions that impair how the stomach stores and empties itself of food, such as nerve damage caused by esophageal surgery, can also cause dumping syndrome.



What are the symptoms of dumping syndrome?

The symptoms of early and late dumping syndrome are different and vary from person to person. Some people may have symptoms of both types of dumping syndrome.

Early dumping syndrome symptoms may include:

- Nausea
- Vomiting
- Abdominal pain and cramping
- Diarrhea
- Feeling uncomfortably full or bloated after a meal
- Sweating
- Weakness
- Dizziness
- Flushing, or blushing of the face or skin
- Rapid or irregular heartbeat

Late dumping syndrome symptoms may include:

- Hypoglycemia
- Sweating
- Weakness
- Rapid or irregular heartbeat
- Flushing
- Dizziness

