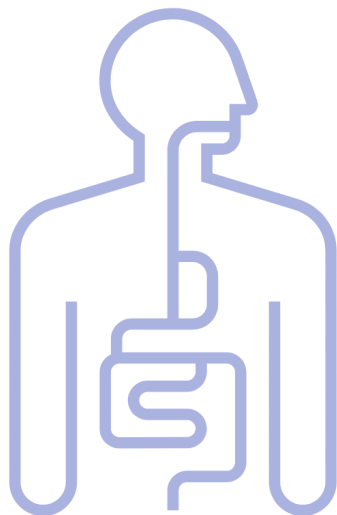


DUMPING SYNDROME

ABOUT DUMPING SYNDROME

People who have had part or all of their stomach removed may experience dumping syndrome. It happens when food goes into your small intestine too quickly, causing you to feel any combination of the following:

- Stomach cramps and bloating
- Nausea and vomiting
- Diarrhea
- Sweating
- Feeling tired and dizzy
- Fast heart rate
- Shakiness and weakness
- Hunger



"Dumping syndrome happens when food goes into your small intestine too quickly."

TIPS FOR MANAGING DUMPING SYNDROME

- Eat smaller and more frequent meals.
- Eat slowly and chew your food thoroughly.
- Eat solid foods during meal times and drink fluids 30-45 minutes before or after your meal.
- Limit foods/drinks that have a lot of sugar such as juice, pop, supplements (regular Ensure®, Boost®, etc.), candies, desserts, jams, syrup, and honey.
- Have protein foods at every meal. These include chicken, fish, meat, eggs, nuts, nut butters, tofu, beans, cheese, and unsweetened yogurt.
- Have high fibre foods, such as whole grains, oat bran, fruits and vegetables, and beans.
- Lie down for 30 minutes after eating.
- Avoid foods that make you feel uncomfortable.

CONTACT YOUR HEALTH CARE PROVIDER IF:

- You are experiencing dumping syndrome even after making changes to the way you eat.