delaCruzMunoz

What Dumping Syndrome Is

Dumping syndrome happens when food, especially sugar, moves too quickly from your stomach or pouch into your small intestine after weight loss surgery. It is not a complication and it is not a sign that your surgery failed. It is your new anatomy giving you honest feedback when you eat the wrong thing. Once you learn what triggers it, you can prevent it almost every time.

The Two Types

- **Early dumping** happens 10 to 30 minutes after eating. You may feel cramping, nausea, diarrhea, flushing, a racing heart, sweating, or lightheadedness.
- **Late dumping** happens 1 to 3 hours after eating. Your blood sugar spikes and then crashes, leaving you shaky, sweaty, foggy, weak, or very hungry.

Your 6 Rules to Prevent It

1. **Protein first, every meal, every time.** Fill up on protein before anything else.
2. **Cut out simple sugars.** Avoid candy, soda, juice, sweet tea, desserts, syrups, and sweetened coffee drinks. These are the number one trigger.
3. **Choose complex carbs over refined ones.** Pick whole grains, beans, and vegetables instead of white bread, white rice, and pastries.
4. **Do not drink with meals.** Stop fluids 30 minutes before you eat and wait 30 minutes after. Sip fluids between meals.
5. **Eat small and eat slowly.** Take small bites, chew thoroughly, and put your fork down between bites.
6. **Eat regularly.** Do not skip meals. Small, balanced meals spread through the day keep your blood sugar steady.

Foods That Commonly Trigger Dumping

- Sugary drinks (soda, juice, sports drinks, sweet tea)
- Candy, cookies, cake, ice cream, and pastries
- Sweetened cereals and flavored yogurts with added sugar
- White bread, white rice, and other refined starches
- High-fat fried foods
- Large portions eaten quickly

Better Choices

- Lean protein: eggs, chicken, fish, Greek yogurt (unsweetened), cottage cheese
- Non-starchy vegetables
- Whole grains in small amounts
- Water and other sugar-free, non-carbonated fluids between meals

If You Feel Symptoms

- Stop eating and sit or lie down.

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- For late-dumping shakiness, a small amount of fast sugar (like 4 ounces of juice) can help in the moment, but the real fix is preventing it by following the rules above.
- Keep a simple food and symptom log. It helps you and your team spot your personal triggers.

When to Call Your Team

- Symptoms happen often even when you follow these rules
- Symptoms are severe, cause fainting, or interfere with daily life
- You cannot keep fluids down or show signs of dehydration
- You are losing too much weight or feel unwell

Dumping is feedback, not failure. Learn your triggers, follow the rules, and you stay in control.

Practice phone: _____ After-hours line: _____

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