

DUMPING SYNDROME



What is Dumping Syndrome?

Rapid gastric emptying, or "Dumping Syndrome," occurs when food passes too quickly ("dumped") from the stomach into the small intestine.

In response, water from the surrounding blood vessels is drawn into the small intestine, usually resulting in a combination of the following symptoms: abdominal fullness, nausea, light headedness, sweating, cramping, rapid heartbeat and diarrhea. Symptoms can occur 10-20 minutes after eating a meal (early dumping) and/or 1-3 hours after eating (late dumping).

What causes Dumping Syndrome?

Refined sugars, overeating, eating and drinking too fast, and drinking liquids with meals are the usual culprits. Dumping Syndrome symptoms have also been reported with high fat food consumption.

How can Dumping Syndrome be avoided?

- Avoid refined sugars (see list below)
- Avoid all foods/liquids with added sugar listed as one of the first three ingredients on the food label
- Eat small, frequent meals
- Eat slowly and rest a little after eating
- Do not drink liquids with meals



Foods to avoid

- Desserts (cakes, cookies, pies, malasadas, manju)
- Sweetened fruit drinks/juices/punches/soda/Jamba Juice
- Ice cream, sherbet, frozen yogurt, shave ice
- Sweetened milk (condensed milk, chocolate milk)
- Sweetened, canned (in syrup or light syrup) fruit (fresh fruit ok)
- Jelly, jam, honey, preserves, chutneys, syrups, corn syrup
- Sugar (granulated, brown, confectioners)
- Teriyaki sauce, BBQ sauce, sweet and sour sauce

