

Impact of Roux-en-Y Gastric Bypass on Nutrition

Very small opening. Chew well.
Slows emptying from pouch.
Feel full longer.
If it does not go through it will cause pain and vomiting..

Very small pouch - from size of football to smaller than golf ball. Limits intake.

Duodenum bypassed

Result –

↓ absorption:

Iron

Folic acid

Calcium

Lactose (milk sugar) - possible

Sugar – (dumping syndrome)

Stomach bypassed

Impact

– volume of meals

- ↓ nutrient intake

- ↓ stomach acid

- ↓ absorption

- iron

- calcium carbonate

- B12

Duodenum

Mandatory - Supplements

Multivitamin

- 2 sugar free children's chewable or

- 1 multivitamin or

- 1 prenatal vitamin (women of reproductive age)

Vitamin B12 – 500 mcg

Calcium citrate - 1500 mg

Iron – 325 mg ferrous sulfate – menstruating women

Jejunum - variable length bypassed

Diet and Behavioral Changes

Do not eat and drink at the same time.

Eat and drink slowly –

10 – 15 minutes to eat 1 oz.

10 – 15 minutes to drink ½ cup

Small portions - frequently

Pureed – 4 weeks – ¼ - 1/3 cup / feeding

Soft diet – 2 weeks 1/3 – ½ cup / feeding

Low fat, “no added sugar”, regular consistency – ½ - ¾ cup / feeding

Chew well

No alcohol

No sugar

Low fat

Nutrient dense

60 – 80 grams of protein / day

Adequate fluid – 8 cups /day

Dumping Syndrome

Caused by:

Eating and drinking at the same time.

Sugar, foods and beverages with added sugar, and sweets.

Symptoms:

Early dumping – 10 – 15 minutes after eating – fullness, nausea, cramping, diarrhea, warm, dizzy, weak, faint, ↑pulse, and cold sweat.

Late dumping – 1- 2 hours after eating perspiration, fast heart beat, confusion and loss of consciousness.

Prevention:

No “sweets

No “added sugar”

Sugar substitutes - ok

Wait 30 minutes after eating to drink

Wait 30 minutes after drinking to eat

