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.

**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

**Jejunum -** variable length bypassed

**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

**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

**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

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