

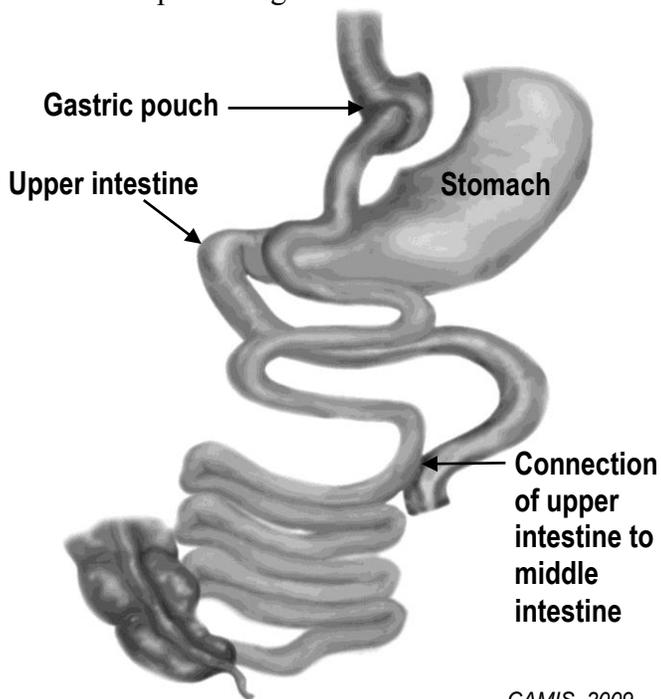
# Bariatric Surgery: Gastric Bypass

## How is it done?

A surgeon makes several small openings in the abdomen to place the laparoscopic (surgical) tools. Surgical staples are used to create a small pouch in the upper stomach. The pouch is about the size of an egg or golf ball (30–50 mL or 2–3 Tbsp).

More staples are used to separate the upper part of the intestine from the middle intestine. The middle part is then attached to the gastric pouch. Food will now empty into the middle intestine, not the bottom part of the stomach.

The upper part of the intestine is then re-attached further down the intestine, so that digestive juices from the pancreas and gallbladder can mix with the food to help with digestion.



## How does it work?

The small pouch limits the amount of food you can eat at one time to about  $\frac{1}{2}$ –1 cup (125–250 mL). You will feel full after eating smaller portions. When you eat less food, you may take in fewer calories, which can help you lose weight.

A small opening slows down the movement of food and drinks out of the pouch. This may help you feel full longer.

Your body will also absorb fewer nutrients from the food you eat because it does not go into the bottom part of the stomach and the upper intestine.

## What are the risks or side effects?

- If you eat more than the pouch can hold, you will be uncomfortable. You may feel sick to your stomach and throw up.
- If you have food and drinks that are higher in sugar, you may get **dumping syndrome**. Symptoms may include nausea, vomiting, diarrhea, abdominal cramping, weakness, dizziness, flushing, sweating, anxiety, and a fast heart rate.
- You are at risk for low levels of many vitamins and minerals because you are not eating as much food and not as many nutrients are being absorbed.
- To get enough vitamins and minerals after surgery:
  - eat healthy meals and snacks.
  - take vitamin and mineral supplements each day.
  - go for blood tests regularly.
- You may take in extra calories and regain weight if you:
  - choose high calorie foods more often.
  - eat too much or too often (grazing).
  - choose very soft or liquid food and drinks that go through the gastric pouch easily.