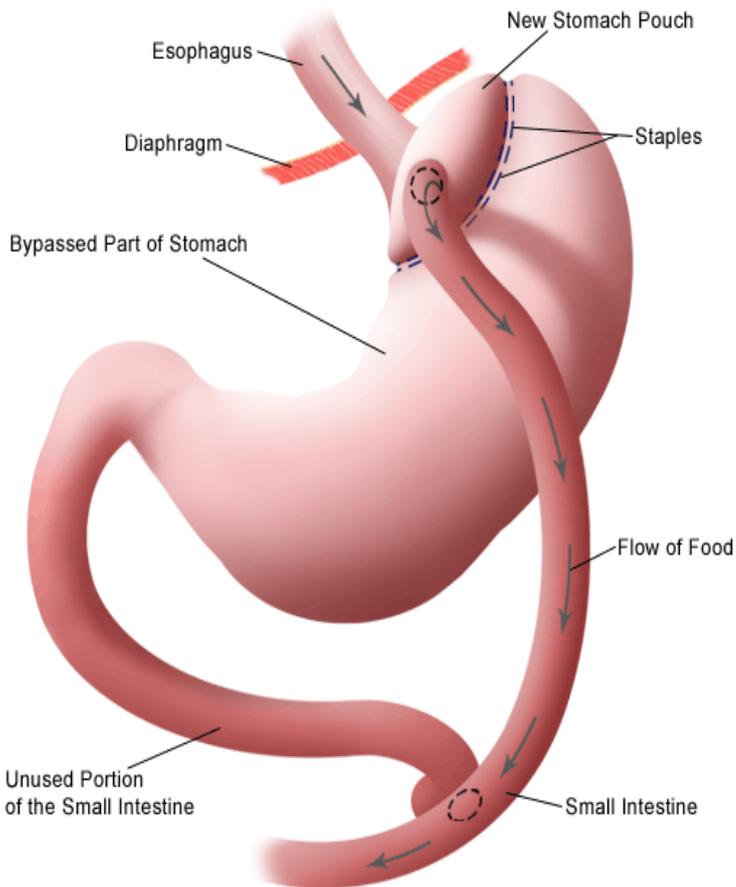


## Information on a Gastric Bypass

### Roux-en-Y Type of Gastric Bypass Procedure



A gastric bypass is a life changing operation and helps people to lose weight and improve their health.

The gastric bypass works by making the stomach smaller and allows food to bypass part of the small intestine. The operation will change the amount that you can eat on a permanent basis and, although some surgeons can perform a revision, this is uncommon and therefore should be regarded as irreversible. You will also need to take daily mineral and vitamin supplements for the rest of your life.

The surgery makes it easier for you to lose weight as your appetite is reduced. It does not necessarily mean that you stop wanting to eat foods that are high in calories and therefore you must take the responsibility of eating a healthy diet.

The surgery is done laparoscopically, or “keyhole” surgery. This means that you will be up and about soon after surgery and should make a speedy recovery. Pain after surgery this is usually not severe and easily controlled.

### How does it work?

The operation makes a new smaller stomach and rearranges the bowel so that it bypasses the first part of your small intestines. After the surgery the food will go into the new stomach and will then pass into the new route bypassing the rest of the stomach.

The operation also alters some of the hormone signals from the stomach and intestine to parts of the brain that control appetite, satiety and body weight: many patients report that following this operation they feel less like eating and feel fuller sooner and for longer after a meal.

As the size of your stomach has been reduced the size of your meals will also need to be reduced. Your reduced portion size combined with low fat, low sugar choices and exercise will help you to lose weight.

## How much weight can you expect to lose?

You can expect to lose between 55% and 85% of your excess weight in the first 12–18 months following surgery: However an excess weight loss of 100% or more is not uncommon in patients who do intensive exercising.

The amount of weight you are able to lose and keep off after surgery will depend also on the lifestyle changes that you make, such as increasing the amount of exercise you take and eating a healthy diet. It is important to remember that the operation will not stop from you from craving certain foods or eating what you fancy.

## What are the risks of a Gastric Bypass?

Gastric bypass has some risks. These vary according to your age and other illnesses you may have. The risk of death within the first 30 days after surgery is about 0.5% (or 1 in every 200 patients). Other complications, listed below, happen in about 5% of patients (or 1 of every 20 patients):

- Wound infection
- Bleeding
- Blood clots in the legs or the lungs
- Leaks from staple lines
- Spasms and a temporary intolerance to food and sometimes liquids.

Long term complications after Gastric Bypass surgery include:

- hernias of the abdominal wall
- narrowing (stricture) of the joining between the new stomach and the bowel which can make eating and drinking more difficult. This will usually settle on its own although sometimes it will need to be stretched with an endoscopy
- Hair loss or thinning in the first six months. This is a temporary side effect of the rapid weight loss and usually re-grows
- Gallstones
- Worsening of symptoms of Irritable Bowel Disease (IBS)

## How should you prepare for the procedure?

Prepare a list of written questions for your surgeon

Read information on UK patients' group websites such as BOSPA and Weight Loss info.

Discuss the operation with your close friends and family.

Meet other patients

Most importantly you should try to make as many healthy changes to your lifestyle as possible so that the operation is as successful as possible. Seek the support of an experienced dietitian to help you make the changes in preparation for surgery:

**Get in touch with Dietwise for further support and advice: 07928248727 dawn@dietwise.co.uk**