

Roux-En-Y Gastric Bypass

If you're struggling to lose weight, even after making healthy lifestyle changes, bariatric surgery may be the right choice for you.

There are different types of bariatric surgeries. One of the most common surgeries is Roux-en-Y gastric bypass also called gastric bypass.

It's done when healthy eating and exercise haven't worked over a certain period of time, or when you have serious health problems like heart disease or type 2 diabetes.

Let's take a look at gastric bypass, the risks, and what you can expect as you recover.

So how does gastric bypass work? First, your surgeon divides your stomach into two parts, sealing off the upper section from the lower.

Then they connect your upper stomach to the lower section of your small intestine.

This creates a shortcut for your food, avoiding parts of your stomach and small intestine.

This shortcut means your body takes in less calories and nutrients.

Gastric bypass is mostly done as a laparoscopic surgery.

Laparoscopic surgery is done through several small cuts ... called incisions ... in your belly.

Then the doctor puts special tools and a camera through the incisions.

You can expect to be in surgery for about two hours.

After surgery, you will be in the hospital for two to three days.

Right after surgery, you may have clear liquids like broths and water but no solid foods.

Your belly and small intestine need time to heal.

You'll meet with a dietitian to go over your new eating plan to follow at home.

Your plan starts with a low-sugar liquid diet such as decaffeinated coffee and tea, for the first several weeks, next pureed foods such as applesauce, then soft foods like bananas and soft-boiled eggs, and eventually solid foods.

As you adjust to your new eating plan and weight loss, it's important to make sure you're eating at least 60 grams of protein.

You'll need to stay hydrated and take a multi-vitamin and any mineral supplements your care team recommends.

Talk to your care team about when to move to each stage of your eating plan and which foods and liquids are best.

You will get up and move. Walking helps speed up your recovery and helps prevent blood clots in your legs.

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You will do breathing exercises, using an incentive spirometer, to keep your lungs strong and healthy.

Before you leave the hospital, you'll get discharge instructions on incision care and activity restrictions.

Bypass surgery can improve your quality of life but it's not without risks.

Some risks of weight loss surgery include: dehydration, lactose intolerance, malnutrition, depression and anxiety, and dumping syndrome.

Dumping syndrome happens when your stomach dumps food too fast into the small intestine.

Symptoms of the dumping syndrome include nausea, diarrhea, stomach cramping, and hypoglycemia or low blood sugar.

Talk to your doctor about any concerns you may have about the risks of gastric bypass.

As you recover from gastric bypass, it's important to keep your regular checkups with your care team.

Gastric bypass is a life-long commitment.

To stay healthy and keep the weight off, you'll need to make permanent lifestyle changes.

Lean on your care team, loved ones, or a weight loss support group to help you navigate this next stage of your weight loss journey.