

## Find out more about the Gastric Bypass procedure.

If you are considering a Gastric Bypass procedure we would like you to be as well informed as possible.

What are the risks of Gastric Bypass?

As with any type of surgical procedure there are operative and long term complications associated with the Gastric Bypass

Operative Complications include:

Bleeding  
Infection  
Clots in the Lung (Pulmonary Emboli)  
Clots in the Leg (Deep Vein Thrombosis)  
Complications due to the anaesthesia  
Leak from the staple line  
Injury to surrounding organs

Long term complications include:

Internal Hernia  
Pouch dilation  
Port site hernia  
Vitamin and Mineral deficiencies (multi vitamins are required daily for life)  
Stricture

Be reassured that in the hands of an experienced surgeon the risks associated with the gastric bypass are small. In addition patients should be aware of the potential issues of excess skin following surgery and the risk of 'Dumping syndrome' if foods high in fats/sugars are consumed. Our female patients are advised to avoid pregnancy for 18 months to avoid serious complications to pregnancy.

Always remember that the Gastric Bypass is a tool to help you lose weight, it is not a cure for obesity.

Weight regain is possible if long term changes to diet and lifestyle are not undertaken.

How long will I have to stay in the Hospital?

It is normal to stay in the hospital for 2-3 nights following your surgery

Is the Gastric Bypass reversible?

It is possible for the small stomach pouch to be re-joined to the stomach remnant. However this is very technically challenging for the surgeon due to the scar tissue that forms around the staple lines. It is not common practice to reverse the bypass

Will I need time off work?

Yes. The length of time you will require off work will depend on your profession. As a guide you it normally to take between 2-4 weeks off

Who will I see before my Surgery?

Your first appointment will be with Mr Irukulla, Upper GI and Bariatric Consultant Surgeon.

You will then see the Bariatric Specialist Nurse, Natasha Smith and the Bariatric Dietitian, Deborah Norman.

Will I have to follow a special Diet?

Yes. You will be required to follow a Pre-op Liver Shrinkage diet for 1-2 weeks prior to your surgery. This is a diet low in fat, sugar and carbohydrates. The diet helps reduce the size and weight of the liver.

After surgery you will reintroduce food slowly over a 6-8 week period. The stages consist of a fluid diet for 2 weeks, pureed diet for 2 weeks, soft mashed diet for 2 weeks and then normal healthy food.

Our Dietitian will discuss both the pre and post-surgery diets with you during her consultation

We're here to help with any questions you have about any of the procedures we offer.

To find out more about Nu-life Surgery please either:

- Call us on 01483 724833
- Send an email to [enquiries.nulifesurgery@gmail.com](mailto:enquiries.nulifesurgery@gmail.com)
- Fill out our general enquiry form
- Make a consultation enquiry