**Dumping Syndrome and Reactive Hypoglycaemia**

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|  | **Dumping Syndrome** | **Reactive Hypoglycaemia** |
| **Symptoms** | * GI / gut * Nausea, sickness * Faint, dizzy, sweating * Need to egest * Often, a bowel movement | * Head and “sugars” * Dizzy, sweating, weak, shakes * Confusion, disorientation |
| **Timing** | * Usually soon after food / drink   Or   * May be a bit later | * Usually 1-3 hours after carbohydrates |
| **Treatment** | * Do not eat * Lie down * Time * Longer term – better food choices and eating technique | * “Must” eat / urge to have quick fix of ‘sugary’ food/drink * +/- snack or meal if due * ?urgent medical assistance may be required |
| **‘Diagnosis’** | * Blood glucose should be 4.0mmol/l or higher (some people have no symptoms at 3.5) | * Blood glucose will be less than 4.0mmol/l and symptoms will be present |