**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
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| **Timing** | * Usually soon after food / drink

Or * May be a bit later
 | * Usually 1-3 hours after carbohydrates
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| **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
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| **‘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
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