

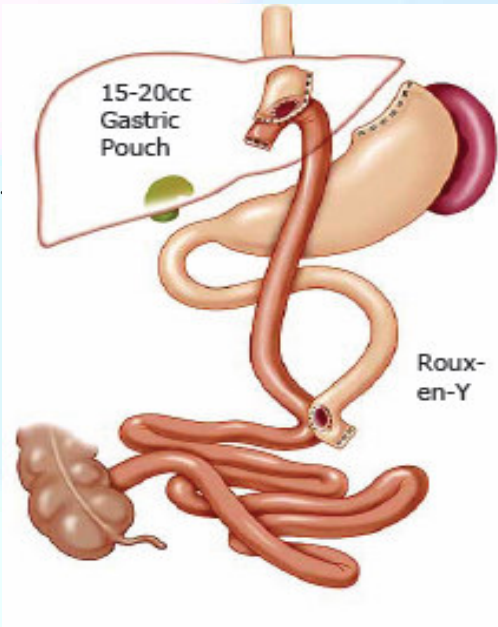
Weight Management Programme

Bypass is the way

Roux-En-Y Gastric Bypass

What Is Roux-en-Y Gastric Bypass?

- The stomach is divided into two.
- A small upper pouch is joined to a length of small intestine.
- The rest of the stomach is bypassed
- The divided small intestine is joined back together further down stream.
- The small functional stomach pouch limits food ingestion.
- The divided small intestine limits food absorption.



How Does RY Gastric Bypass Work?

- Reduction of the size and diameter of the stomach helps you to feel full after a very small amount of food - so you eat less.
- What you eat does not get all absorbed due to rearrangement of the small intestine

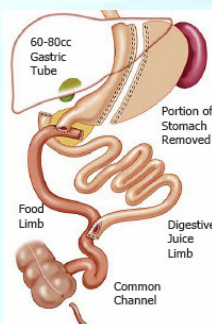
Who Can Have This Operation?

- Any obese person with the correct indication and the recommended BMI
- Particularly good for diabetic patients.

What are the risks and complications?

- Considered a safe procedure but more risky than the other bariatric operations

Gastric leakage and fistula 2-3%
 Deep vein thrombosis 0.5%
 Non-fatal pulmonary embolus 0.5%
 Post-operative bleeding 0.5%
 Splenectomy 0.5%
 Acute respiratory distress 0.25%
 Pneumonia 0.2%
 Death 1%



Duodenal switch

What is recovery like?

- Performed laparoscopically with 5 small incisions (mostly 5mm, one 15mm)
- Staplers and sutures are used
- Stay in hospital 4 to 5 days
- Begin drinking on the second day
- Liquid diet for one month after the op
- Return to work in 1 month
- Resume normal activities in one month

Advantages:

- Eliminates feeling of being always hungry
- You eat small amount of normal food
- Diabetes is usually resolved early
- No need for adjustments
- Lose 80% excess weight usually in 1-2 yrs
- Sustainable long term weight control

Disadvantages:

- This operation is more risky than the band or the sleeve gastrectomy
- Usually not reversible
- Long term supplements of vitamin and minerals required