

# Duodenal Switch Weight Loss Surgery

The duodenal switch (DS) procedure combines elements that restrict food intake and prevent absorption to help you achieve weight loss. It is usually reserved for patients who have a BMI of 70 or greater. It is similar to the gastric bypass. Instead of a stomach pouch, in the DS procedure the surgeon creates a sleeve gastrectomy or a sleeve-shaped stomach. This reduces the stomach size and reroutes the small bowel. Unlike the gastric bypass, patients who have the DS procedure do not experience dumping syndrome or marginal ulcers. Because the DS procedure bypasses a much greater length of small bowel than the gastric bypass, the DS carries a higher risk of malnutrition and vitamin deficiencies. Bypassing the last section of the small intestine ensures that you will absorb far fewer calories, which can lead to greater weight loss.

## Advantages of Duodenal Switch (DS) Surgery

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- Rapid weight loss (typical weight loss of 5+ pounds per week)
- Reduced capacity to eat large volumes of food
- No “dumping syndrome”, as seen in bypass patients
- No adjustments are necessary such as those with the gastric band
- Fewer follow-up appointments than with the gastric band
- Procedure is done laparoscopically (small incisions)
- Typical recovery period of 1-2 weeks

### **Studies found that DS procedures can reduce or resolve serious co-morbidities:**

- Resolved type 2 diabetes in 98.9% of patients
- Resolved high blood pressure in 75.5% of patients
- Improved high cholesterol in 99.1% of patients
- Resolved obstructive sleep apnea in 91.9% of patients

## Concerns You May Have Following Your DS Procedure

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To ensure nutrition and wellness, you will need to take vitamin supplements daily. These include multivitamins, calcium, possible A, D, E, K vitamins. Your healthcare provider also may prescribe vitamin B12 and iron.

Some patients may experience abdominal bloating or have foul-smelling stool or gas.

## Life After BPD/DS Surgery

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### **Excess Weight Loss**

BPD/DS patients typically lost 80% of their excess weight.

### **Health Benefits**

Studies found that BPD/DS:

- Resolved type 2 diabetes in 98.9% of patients
- Resolved high blood pressure in 75.1% of patients
- Improved high cholesterol in 99.1% of patients
- Resolved obstructive sleep apnea in 91.9% of patients

### **Quality of Life**

One meta-analysis stated that for bariatric surgery patients who experienced significant weight loss:

- Overall quality of life improved greatly
- They experienced improved appearance and physical functioning
- They experienced improved social and economic opportunities

### **Potential Concerns of BPD/DS**

- Abdominal bloating and foul-smelling stool or gas may occur.
- Patients will need to take vitamin supplements daily which include multivitamins, calcium, possible vitamin of A, D, E, K and may be prescribed vitamin B12 and iron by their healthcare professional.