

Weight loss surgery linked to gastrointestinal complaints

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Laparoscopic gastric bypass is an effective treatment for obesity, but a new study finds that patients who undergo the surgery often complain of gastrointestinal problems.

The study included 249 [obese patients](#) who underwent the surgery and 295 obese controls, all of whom completed a questionnaire. Surgical patients completed the questionnaire two years after surgery.

Surgical patients often experienced indigestion. Also, food intolerance, especially for food with a high fat or sugar content and for red meat, was a common side-effect of the surgery: food intolerance for specific products was reported by 70.7 per cent of postoperative patients compared with 16.9 percent of controls.

"Most studies in [weight loss surgery](#) focus on the short-term effects of surgery, and there was limited knowledge about the effect of a gastric bypass on gastrointestinal complaints in the long term," said Dr. Thomas Boerlage, lead author of the *British Journal of Surgery* study. "With this study, physicians can better counsel their patients, both before and after surgery. It also helps patients considering a [gastric bypass](#) to make a more well-thought decision.

More information: T. C. C. Boerlage et al. Gastrointestinal symptoms and food intolerance 2 years after laparoscopic Roux-en-Y gastric bypass for morbid obesity, *British Journal of Surgery* (2016). [DOI: 10.1002/bjs.10419](#)

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