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GALLBLADDER - YOUR BODY WITH & WITHOUT

HEALTHY GALLBLADDER:

The gallbladder is a 'storage unit' that holds the bile until after someone eats a meal. When the stomach and intestines digest food, the gallbladder releases bile into the small intestine to help easily digest fats and absorb nutrients.

DISEASED GALLBLADDER:

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The gallbladder isn't releasing bile correctly, either from gallstones or another malfunction. As a result, problems such as pain after eating, nausea, vomiting and indigestion can occur.

BLADDER

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NO GALLBLADDER:

Without a 'storage unit,' the bile from the liver drips continuously into the small intestines. So people need to be aware of what food is getting to the small intestines and balance the size, timing and content of meals.

Without a GALLBLADDER, NOW WHAT?

GO EASY ON THE FAT



It can help to follow a low-fat diet now that the bile which used

to be stored in the gallbladder is continuously dripping into the small intestines. The bile that is passing into the small intestines may also be less concentrated than before which may have a laxative effect on some individuals.

CONSUME SMALLER MEALS



Eat smaller, more frequent meals. Include lean proteins

and re-introduce fiber gradually. This will help avoid bloating and gas. Dr. Taylor recommends that patients enter a trial and error time with food. If something doesn't agree with your digestive system then go off of it and reintroduce it in a couple of weeks.

GET MOVING



It is recommended that individuals begin walking soon after they

have had surgery, and that they return to everyday activities as soon as they feel up to it. It's all part of getting the body back into its normal routine. If an activity causes pain then stop doing it.

For more information on gallbladder surgery, visit premierhealthspecialists.org/familyhealth

SOURCES: Daniel Taylor, MD, Miami County Surgeons; National Institutes of Health (NIH)

