SOUTHSIDE ENDOSCOPY CENTRE SPRINGWOOD

BRISBANE ENDOSCOPY SERVICES SUNNYBANK

"Excellence in Colonoscopy & Gastroscopy"

PATIENT NEWSLETTER

Welcome to the Spring 2025 Edition of Our Patient Newsletter

We're pleased to share the latest issue of our Patient Newsletter, designed to keep you informed, engaged, and connected. In this edition, you'll find a range of insightful articles focused on gastrointestinal health, information from our expert medical team, and helpful resources to support your care. You'll also have the opportunity to get to know our doctors, explore real patient experiences, and stay up to date with the latest news from our practice.

Thank you for being a valued part of our community.

in this edition

- Getting Ready for your Colonoscopy
- Bowel Cancer Doesn't Wait for 50
- Article: *How Diet Shapes Gut Health* Dietitian Parisa Sekhavati
- Information on Weight Loss Medication
- Article: Eosinophilic Esophagitis - by Dr Hadi Moattar
- Article: The Gut Brain Clinic - A Referral Resource for Functional GI Disorders
- Recent patient surveys & feedback

DR MICHAEL MIROS

DR HADI MOATTAR

DR SHAHRAM SAFA

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GETTING READY FOR YOUR COLONOSCOPY

WHAT YOU NEED TO KNOW

What is a colonoscopy — and why is the preparation so important?

A colonoscopy is a procedure that allows your doctor to examine the inside of your large bowel (colon) using a flexible tube with a small camera. During the procedure, biopsies (tissue samples) may be taken, or small polyps removed.

The success of the procedure depends heavily on how clean your bowel is — any residual stool or fluid can obscure the view and may require the test to be repeated.

Who do I talk to before the procedure — and what will happen then?

Before your colonoscopy, you'll meet or speak with one of our Registered Nurses (in person or via telehealth). During this consultation, we will:

- Review your full medical history and current medications to assess your suitability for a stand-alone day hospital procedure.
- Decide on the most suitable bowel preparation (prep) regimen for you.
- Provide detailed instructions on how to take your bowel prep, what foods to avoid, and what fluids you may consume.
- Give you any necessary medication management instructions.
- Answer any questions or address your concerns.

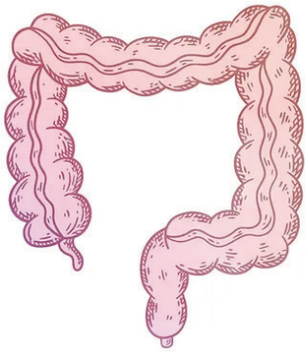
What dietary changes do I need to make in the days before?

You will need to avoid nuts, seeds, and corn for 7 days prior to your procedure, as these can stick to the bowel wall and reduce visibility.

You can continue to eat normally otherwise.

Generally, 1–2 days before your procedure, you will move to a liquid diet. During this time, you should not consume any solid food.

You'll be given a list of acceptable fluids such as:



· Clear soups or broths
· Clear fruit juices (apple, white grape)
· Jelly (avoid red or purple colours)
· Tea or coffee without milk
· Water, lemonade, and clear sports drinks

When and how do I take the bowel preparation medicine?

You will be provided with a specific bowel prep kit and written instructions tailored to you.

Typically, you begin taking the solution the evening before your colonoscopy, and sometimes an additional dose on the morning of the procedure (for afternoon appointments).

The prep works by flushing out your bowel with multiple watery motions — this is expected and means it's working. It's very important to follow the timing instructions exactly and to drink plenty of extra clear fluids to stay hydrated. Please ensure a responsible adult is with you at home while you are taking the preparation.

What about my medications — do I need to stop or change anything?

Yes, some medications need to be paused or adjusted before your colonoscopy.

Iron-containing medications or supplements — stop 7 days prior.
Blood thinners or anticoagulants — require medical authorisation; the nurse will discuss this with you during your appointment.
Diabetes medications — adjustments will be explained by the nurse at your consultation.

Please inform us of all medications (including over-the-counter products and supplements) during your nurse consultation so we can advise you appropriately.

What should I expect on the day of the procedure?

- You must be accompanied by a responsible adult to the facility.
- Wear loose, comfortable clothing and leave valuables at home.
- On arrival, you'll be greeted by our admissions staff and assessed by the admitting nurse.
- You'll meet with the Gastroenterologist and Anaesthetist (if sedation is being used) before being taken to the procedure room.
- If sedation is used, intravenous (IV) access will be inserted by the Anaesthetist.
- You'll be continuously monitored during the procedure and throughout recovery.

The total facility stay is usually around 2 hours from admission to discharge (including admission, procedure, and recovery).

After the procedure — what do I need to do?

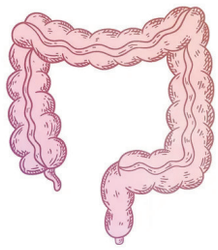
(The following points apply only if sedation has been used.)

- Do not drive or operate machinery for at least 12 hours.
- A responsible adult must accompany you home and remain with you for the first 12 hours.
- Avoid alcohol and refrain from signing legal or important documents for 12 hours.

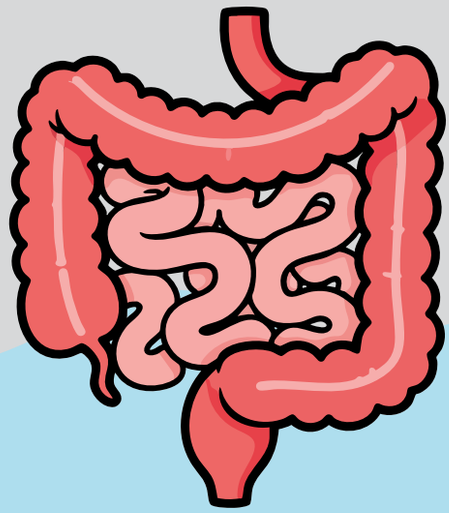
For all patients:

- You can usually resume your normal diet and medications (unless otherwise directed) once you feel ready.
- If polyps or other findings were discovered, your doctor will explain any follow-up steps before you leave.
- You will be given a copy of your procedure report at discharge.

For more information:
All of this information, along with detailed dietary guidelines and photos of what you can and cannot consume, can be found on our website: https://www.ssendoscopy.com.au



BOWEL CANCER DOESN'T WAIT FOR 50



Around 1 in 9 bowel cancer cases are diagnosed in people under 50

People born in the 1990s are up to 3 x more likely to develop bowel cancer
compared to those born in the 1950s

Australia now has one of the highest rates in the world
of bowel cancer among people under 50.

Don't ignore ongoing gut symptoms

If you're noticing changes in your bowel habits, blood in your stool, or persistent abdominal discomfort, see you GP – they can advise if further tests or a referral for a colonoscopy is appropriate.

IRON INFUSIONS

We offer iron infusions via direct referral from your GP. This is offered at both Springwood and Sunnybank locations.

Only Ferinject iron infusions are performed due to other brands having a higher risk of complications.

How Diet Shapes Gut Health

by Parisa Sekhavati

Probiotics - Boost Your Gut Health

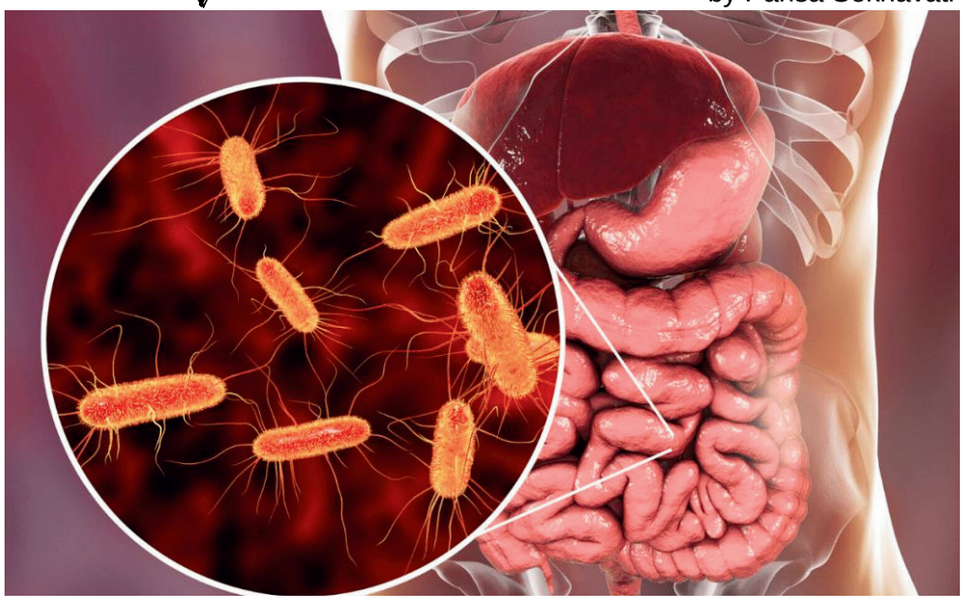
Probiotics are live microorganisms, such as Lactobacillus and Bifidobacterium species, found in foods like yogurt, fermented vegetables, and supplements. They help restore microbial balance, enhance immune function, and may even improve mood and cognitive health by influencing the gut-brain axis. Probiotics can be used alongside diet and lifestyle changes to support digestive and overall health.

Incorporating probiotics into the diet effectively supports gut health by increasing beneficial bacteria and enhancing microbiome diversity. Regular consumption of probiotic-rich foods has been shown to improve digestion, strengthen immunity, and contribute to overall well-being.

Prebiotics - Feeding Your Microbiome

Prebiotics are non-digestible fibers and compounds, like inulin and certain polyphenols, that nourish beneficial gut microbes. By promoting the growth of healthy bacteria, prebiotics help improve gut barrier function, reduce inflammation, and support metabolism. They act as "fertilizer" for the microbiome, encouraging a diverse and balanced microbial community.

Parisa Sekhavati
Accredited Practicing Dietitian



Gut Microbiome
Your Body's Silent Health Guardian

Our gut is home to trillions of microbes — bacteria, viruses, and fungi—that play a crucial role in digestion, immunity, and overall health. Diet is one of the most powerful ways to support a healthy gut microbiome. Certain foods can improve microbial balance and reduce disease risk.

Gut Health and Disease

When gut microbes are out of balance (dysbiosis), it can lead to inflammation, leaky gut, and signals that affect the brain. This imbalance has been linked to digestive issues, mental health conditions, obesity, diabetes, neurodevelopmental and immune dysfunction

Gut Microbiota and Brain Health: A Two- Way Street

What we eat has a profound impact on our brain, mental well-being, and cognitive function—and, conversely, the condition of our brain can shape our dietary choices. The gut and brain are closely linked in a two-way communication system called the gut-brain axis. The gut can send signals to the brain, and the brain can influence gut function and gut microbes play a key role in this connection.

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We are pleased to have **Parisa Sekhavati** on board as a visiting dietitian. Parisa is an Accredited Practising Dietitian (APD) with a strong clinical focus on gut health, diabetes, and weight management. Before transitioning into dietetics, she earned a Doctorate in Pharmacy and worked extensively as a pharmacist in both Australia and overseas. She is currently undertaking postgraduate studies in diabetes education to further enhance her expertise and continue delivering evidence-based nutritional care.

Parisa is available for patient consultations at our Springwood facility.

weight loss medications
important information

If you are taking GLP-1 medications such as Ozempic, Wegovy, Mounjaro, Saxenda, or Zepbound, it's important to know that these medications can slow down how quickly your stomach empties. This can pose a safety risk during procedures like Colonoscopy or Upper Endoscopy, where an empty stomach and bowel are essential.

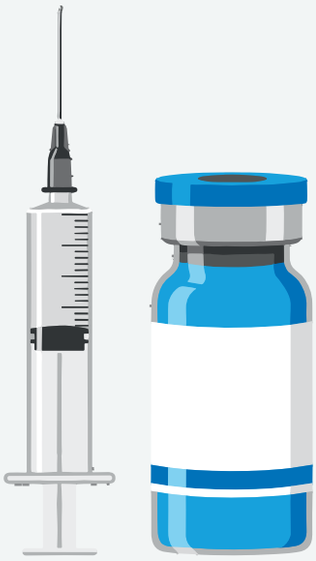
To ensure your safety during these procedures, we follow specific preparation guidelines:

What You Need to Do
✅ Clear Fluids Only – for 24 Hours Before Your Procedure
You must have clear fluids only for the full 24 hours before your procedure. This means no solid food and no opaque liquids (like smoothies, milk, or soups). A list of suitable clear fluids is provided below.
✅ Fasting – Nil by Mouth for 6 Hours Before Your Procedure
You must stop drinking any fluids at least 6 hours before your procedure. This extended fasting time is especially important if you're taking a GLP-1 medication.
✅ Bowel Prep Timing May Be Different
If you are having a colonoscopy and need to take bowel preparation, you may be asked to take it at different times—often late at night or very early in the morning. This helps us make sure your bowel is clean while also following the safety guidelines around your medication.

Why These Steps Matter
GLP-1 medications can delay how food and liquid move through your stomach and bowel. If your stomach is not empty during the procedure, there is a higher risk of complications, such as aspiration (when food or fluid enters the lungs). That's why we follow the most up-to-date medical guidance to keep you safe.
If you have any questions or are unsure about your preparation instructions, please contact our team. We're here to help.

What Are Clear Fluids?
Clear fluids are liquids that are transparent and free of pulp or solids. You should be able to see through them when held up to the light.
You can drink:
- Water (still or sparkling)
- Clear broth or bouillon (no bits or fat)
- Black tea or black coffee (no milk, cream, or non-dairy creamers)
- Clear fruit juices (apple juice, white grape juice, cranberry juice – no pulp)
- Sports drinks (like Gatorade or Powerade – avoid red or purple dyes if possible)
- Oral rehydration solutions (e.g., Hydralyte, Gastrolyte)
- Lemonade (without pulp or cloudy appearance)
- Ice chips or plain ice lollies (made from clear fluids only)
- Jelly (clear, without fruit or cream – check with your care team if unsure)

You must avoid:
- Milk or dairy/non-dairy creamers
- Smoothies or protein shakes
- Alcohol
- Soups (even clear ones with fat or particles)
- Juices with pulp (like orange or pineapple juice)
- Anything artificially coloured red or purple (can be mistaken for blood in the colon)

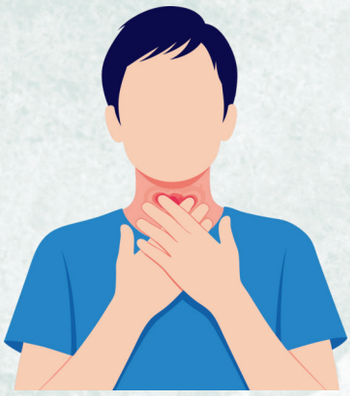


EOSINOPHILIC ESOPHAGITIS (EOE)

By Dr Hadi Moattar

What Is it?

Eosinophilic Esophagitis (EoE) is a long-term condition in which certain white blood cells called eosinophils build up in the lining of the esophagus. This causes inflammation and swelling, making it harder for food to pass through smoothly. Over time, the esophagus can become stiff or narrow, leading to difficulty swallowing or food getting stuck.

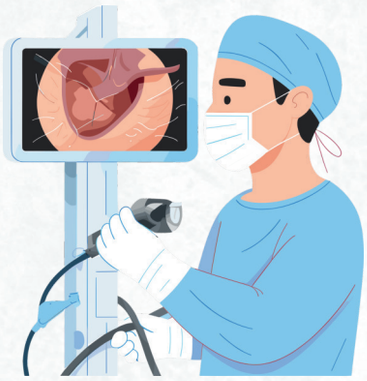


Who Gets It?

EoE can affect both adults and children but is more common in males and in people with a history of allergic or immune-related conditions such as asthma, eczema, or hay fever. Although EoE often occurs in people with allergies, it is not caused by pollen or environmental allergens.

Symptoms

1. Difficulty swallowing, especially solid foods
2. Food getting stuck in the chest or throat
3. Chest pain or discomfort
4. Heartburn that doesn't improve with reflux medicine
5. In children: slow eating, vomiting, or poor appetite



Diagnosis

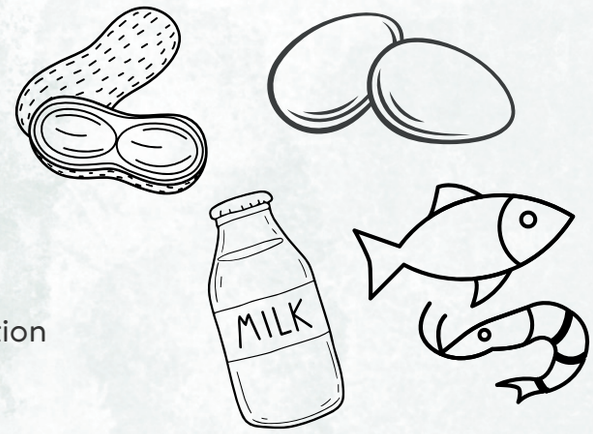
EoE is diagnosed by taking small biopsies of the esophagus during a gastroscopy. The diagnosis is confirmed when a high number of eosinophils are found on the tissue samples and other causes of inflammation are excluded. Allergy tests do not play a role in diagnosing EoE.

Causes

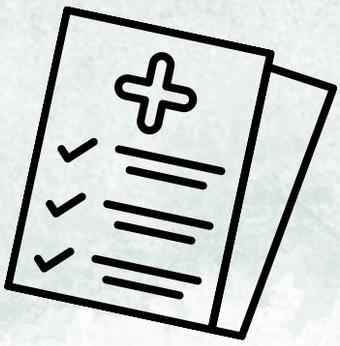
EoE is an immune reaction to certain foods. The exact triggers differ between people, and there is no single test to find them.

1 Cow's milk
2 Wheat
3 Eggs
4 Soy
5 Nuts
6 Seafood

Finding these triggers often requires a structured elimination diet guided by a gastroenterologist or dietitian.



Treatment



The goal of treatment is to reduce inflammation, improve swallowing, and prevent long-term
narrowing of the esophagus. Most people need one or more of the following treatments:

1. Dietary Therapy

Elimination diet: avoiding common trigger foods and reintroducing them one at a time to see which causes symptoms. This can help reduce inflammation and sometimes allows medication to be reduced or stopped.

2. Medications

Proton pump inhibitors (PPIs) such as omeprazole or esomeprazole help reduce acid and inflammation. Topical steroid therapy with Jorveza® (orally dispersible budesonide) treats inflammation directly in the esophagus. Jorveza tablets dissolve slowly in the mouth and are swallowed with saliva, coating the esophagus and reducing inflammation locally with minimal side effects.

3. Dilatation (Stretching)

If the esophagus becomes narrow or tight, it can be gently stretched during a procedure to relieve swallowing problems. Medication is still needed afterwards to prevent the inflammation from returning.

Living with EoE

EoE is a chronic but manageable condition. With the right treatment, most people can eat normally and live without significant symptoms. Ongoing care and follow-up scopes help ensure the esophagus stays healthy and prevent long-term complications.

REMEMBER:

1. Eat slowly and chew food thoroughly
2. Drink water with meals
3. Keep track of symptoms and foods that worsen them
4. Take prescribed medicines regularly
5. Attend follow-up appointments as recommended

THE Gut-Brain CLINIC

A REFERRAL RESOURCE FOR FUNCTIONAL GI DISORDERS

Disorders of the gut-brain interaction (DGBIs) are incredibly common, affecting 40% of people worldwide. These disorders can significantly and severely impact the lives of patients, reducing quality of life, introducing social limitations, increasing healthcare needs and often leading to a range of mental health issues like anxiety and depression.
Despite optimal medical management, many patients with functional gastrointestinal disorders remain symptomatic. The Gut-Brain Clinic offers an integrated allied health resource specifically designed to complement ongoing medical care for these patients.

A Collaborative, Evidence-Based Approach to Functional GI Disorders

The Gut-Brain Clinic works alongside gastroenterologists and general practitioners, not as an alternative to medical care. We bring together three evidence-based services: gut-directed hypnotherapy, psychology, and specialist dietetics.

- Gut-directed hypnotherapy, which is recommended by NICE guidelines for IBS, demonstrates 70-80% response rates in IBS (superior to standard care)
- Psychological interventions, such as gastrointestinal cognitive behavioural therapy, has proven efficacy in functional dyspepsia and IBS in around 60-70% of patients
- Dietary therapy, such as the FODMAP diet, reduces symptoms in 50-75% of IBS patients

All services are available via telehealth, making them accessible to patients across Australia.

The Gut-Brain Clinic offers an accessible, evidence-based option that addresses the complex interplay between psychological factors, dietary triggers, and the gut-brain axis. If you have questions about whether a particular patient might benefit from their services, the team welcomes case discussions.

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Staudacher HM, Whelan K, Irving PM, Lomer MC. Comparison of symptom response following advice for a diet low in fermentable carbohydrates (FODMAPs) versus standard dietary advice in patients with irritable bowel syndrome. Journal of human nutrition and dietetics. 2011 Oct;24(5):487-95.

Practical Referral Details

Contact: 0474 648 500 info@thegutbrainclinic.com.au
Location: 100 Holdsworth Street, Coorparoo, Brisbane
Telehealth: Available across Queensland and Australia
Hours: Tuesday, Thursday & Friday 9am-5pm, Saturday 8:30am-1pm
Referral: Standard referral letter or call to discuss suitability. Please send referrals via Medical Objects (The Gut-Brain Clinic) or email (info@thegutbrainclinic.com.au).
Medicare: Mental Health Care Plan and Chronic Disease Management Plan accepted

RESULTS OF PATIENT SURVEYS

Each month, we survey 40 patients on a range of topics to gather valuable feedback, identify areas for improvement, and implement suggested changes. Here are some highlights from our surveys from the past two months:

Question	% 'Yes'
The admission documents for completions were easy to understand.	100%
I felt the Doctors had acceptable communication with me - both before and after procedure:	100%
I felt there was sufficient communication at time of nurse consultation/prep kit.	100%
I was given an opportunity to ask questions, if needed, about my procedure.	100%
The doctor explained my results in an easy to understand way.	100%
The recovery area was presentable, clean and tidy.	100%
I had an opportunity to complete a feedback form - at reception or the waiting room.	96%
The receptionist at time of booking was helpful and pleasant.	100%
I was very satisfied overall with my experience.	98%

We welcome patient feedback: if we exceeded your expectations, tell everyone. If we didn't meet your expectations, please tell us!

If you have had your procedure with us and would like to leave a Google Review we would appreciate it. This encourages other patients to choose us for their colonoscopy/endoscopy. Thank you!

Patient Feedback

What our patients are saying about their experience at our Hospitals

The admission staff, all the nurses, theatre nurses, all the doctors, all before and after my procedure were all very friendly & communicated very well.

Thanks to everyone for a stress-free procedure. Staff – all staff – were friendly, courteous and most professional. Made me feel really at ease and comfortable with the entire process. Thank you!

Excellent attention and treatment. Thanks so much for being such a caring & thoughtful team.

Thank you for looking after me so well. Very friendly staff – all tops. Give you all 10/10 =) Keep up the good work and service.

Had endoscopy for many years. This has been the best experience I've ever had. All of the staff were truly exceptional and the most caring kind and empathetic people I've come across. Dr Miros – amazing. Absolutely no improvement required.

Thank you for the lovely staff & doctor, nurses. Appreciate the smiles, care and concern, from office to Nurses.

Lovely staff – can't praise them enough. Explained everything clearly & were calm and caring. Fabulous experience. Not something I would be expecting to say about a colonoscopy!!!

Very well organised with clear instructions at all stages. Staff very pleasant and courteous at all times. Efficient at all processes. All areas clean and well maintained. Easy to find, easy parking. Nice fresh sandwiches and biscuit.

Nursing staff friendly, efficient, courteous. Office staff courteous and efficient with paperwork completed without dramas. Overall happy with everything.

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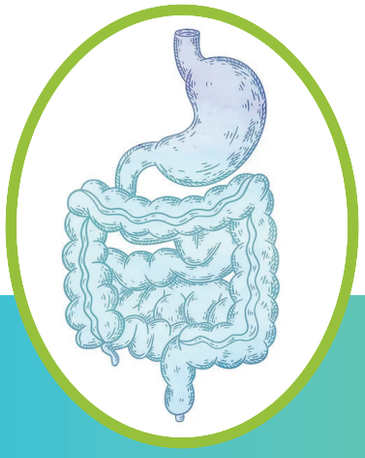

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BRISBANE
ENDOSCOPY
SERVICES

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