



Gastroenterology patient information guide

This gastroenterology guide contains important information about your upcoming appointment, including preparation instructions, common digestive health investigations, and what to expect before, during, and after your consultation at Moonee Valley Specialist Centre in Essendon.



Moonee Valley
SPECIALIST CENTRE

Gastroenterological and Related Care



What is gastroenterology?

Gastroenterology is the area of medicine focused on diagnosing, treating, and managing conditions affecting the digestive system, including the oesophagus, stomach, bowel, liver, gallbladder, pancreas, and digestive tract.

A gastroenterologist may investigate symptoms such as abdominal pain, reflux, bloating, diarrhoea, constipation, rectal bleeding, swallowing difficulties, iron deficiency, or unexplained weight loss.

Gastroenterology care may also involve procedures such as colonoscopy, gastroscopy, liver scans, capsule endoscopy, and bowel cancer screening.

Quick facts

Duration	Consultation times vary depending on your symptoms and treatment plan
Anaesthesia	Usually not required for consultations
Fasting	May be required for some procedures or investigations
Recovery	Depends on the procedure performed
Results	Discussed with your specialist following review

Important things to remember

- Bring your referral letter, Medicare card, and any recent blood test or imaging results.
- Prepare a list of your symptoms, medications, allergies, and medical history before your appointment.
- Continue taking your usual medications unless advised otherwise by your specialist.
- Follow any fasting or preparation instructions carefully if you are scheduled for a procedure.
- Let us know before your appointment if you are pregnant or have significant medical conditions.

Preparation steps

• Before your appointment

Gather any relevant test results, imaging reports, pathology results, or referral information before attending your consultation.

• Before any procedure

Some gastroenterology procedures may require fasting, bowel preparation, or medication adjustments depending on the type of investigation being performed. Your specialist will provide detailed instructions before any procedure.

• Day of appointment

Arrive 10–15 minutes before your scheduled appointment time and bring all the requested paperwork and medical information. If sedation is required for a procedure, you may need someone to drive you home afterwards.

What to expect

During your appointment, your gastroenterologist will discuss your symptoms, medical history, medications, lifestyle factors, and previous test results.

Your specialist may recommend further investigations to assess digestive health and identify the cause of your symptoms. These investigations may include blood tests, imaging, bowel cancer screening, liver scans, gastroscopy, colonoscopy, or capsule endoscopy.

Your treatment plan will be tailored to your symptoms, diagnosis, and overall health needs.

During your appointment

Your specialist may perform a physical examination and discuss recommended investigations, procedures, dietary considerations, or treatment options. Some patients may require follow-up testing or procedures depending on their symptoms and clinical findings.

After your appointment

Following your consultation, you may receive referrals for additional investigations, follow-up appointments, or treatment recommendations. Your specialist will explain your results, ongoing management plan, and any next steps required for your care.

Risks and safety of gastroenterology procedures

- Gastroenterology consultations and investigations are generally safe when performed by qualified healthcare professionals in a controlled clinical setting.
- The risks involved depend on the type of procedure or investigation being performed. Common procedures such as colonoscopy, gastroscopy, liver scans, or capsule endoscopy may involve specific preparation requirements, sedation, or procedure-related risks, which your specialist will explain before treatment.
- Following all preparation and fasting instructions carefully helps support accurate diagnosis, patient safety, and successful treatment outcomes.

Providing a complete and accurate medical history helps your specialist recommend the most appropriate investigations and treatment plan. Please inform our healthcare team about all medications, supplements, allergies, previous procedures, and medical conditions.



Need to reschedule or have questions?

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