



MR GAURANG SHAH

MBBS, MS (Masters in General Surgery – Gold Medalist), FRACS

GENERAL & COLORECTAL SURGERY | GI ENDOSCOPY

ABN 776 498 230 12



It's important to avoid foods that can aggravate symptoms or increase the risk of further damage. Here are some foods to steer clear of:

- ✚ Acidic Foods:** Citrus fruits, tomatoes, and vinegar-based products.
- ✚ Spicy Foods:** Hot peppers, chili powder, and other spicy seasonings.
- ✚ Fatty Foods:** Fried foods, high-fat dairy products, and fatty cuts of meat.
- ✚ Caffeinated Beverages:** Coffee, tea, and certain sodas.
- ✚ Alcohol:** Beer, wine, and spirits.
- ✚ Chocolate:** Contains caffeine and can relax the lower oesophageal sphincter.
- ✚ Mint:** Peppermint and spearmint can also relax the lower oesophageal sphincter.

Please do not hesitate to contact our rooms if you have any questions.

Best wishes,
Mr Gaurang Shah

MAIN CONSULTING

Knox Private Hospital
Suite B, Ground floor,
262 Mountain highway,
Wantirna VIC 3152

Maude Street Medical Centre
96 Maude Street,
Shepparton VIC 3630

Murchison Medical Centre
21 Impey Street,
Murchison VIC 3610

HOSPITALS

- Knox Private
- Peninsula Private
- Mulgrave Private
- Chelsea heights day surgery
- Shepparton Private
- Kyabram
- Numurkah

SPECIALISED SERVICES

- Open & Laparoscopic Colorectal Surgery • Anorectal Conditions
- Laparoscopic Hiatus Hernia and Antireflux Surgery
- HAL RAR (Haemorrhoid Artery Ligation and Rectoanal Repair)
- Advanced Laparoscopic Gastrointestinal Surgery
- Hernia Surgery • Cholecystectomy • Splenectomy • Skin Cancer
- Hydrocele • Vasectomy • Diagnostic & Therapeutic Gi Endoscopy
- Lumps & Bumps

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"Wherever the art of medicine is loved, there is also a love of humanity." – Hippocrates