

Healthy Gut Checks



Gut symptoms can be uncomfortable, disruptive and difficult to manage without proper guidance.

At South Steyne Medical Centre, the Healthy Gut Check gives patients time to discuss common gut health concerns with Dr Minday Da in a structured appointment.

Initial appointment

Your first appointment is 30 minutes and allows time to discuss your symptoms, history, lifestyle factors and possible next steps.

Follow-up pathway

The clinic is designed to have a clear follow up pathway so that patients can receive structured, ongoing support. Your doctor will advise you on the level of support you will need.

Common reasons patients may book

Bloating, constipation, IBS-type symptoms, gut discomfort
lifestyle and digestive health concerns.

Start Your Gut Health Journey

South Steyne Medical Centre, Manly
Book online or call reception.



This service is not a substitute for urgent medical care. If symptoms are severe, sudden or associated with concerning features such as bleeding, unexplained weight loss or severe pain, seek urgent medical advice.