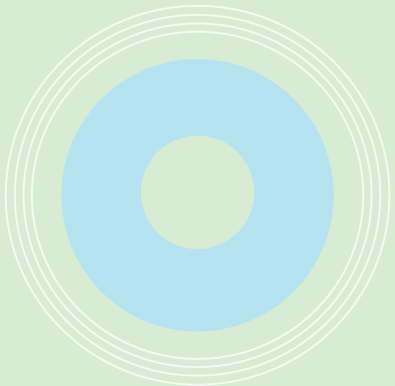


Specialist Clinics & Surgical Services



We Redesign Healthcare With And For Humanity

Alex Purpose Statement

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About Alexandra Hospital

Part of the National University Health System (NUHS) since June 2018, Alexandra Hospital (AH) is Singapore's first integrated general hospital that provides a single continuum of care across different care settings. We aim to provide a holistic care journey for our patients, from diagnosis, treatment, rehabilitation to discharge through our five key clinical programmes.



Be Better

PREVENTIVE CARE

Take the first step towards health empowerment and prevention with our **Well Programme** by being proactive with screening, exercise and treatment.



Age Better

ELDER CARE

Clinic K (Healthy Ageing Clinic)

Our **Healthy Ageing Programme** cares for the elderly's mind, mobility and sensory, orthopaedic and other geriatric and social needs holistically.



Get Better

ACUTE CARE

24-Hour, Walk-in Urgent Care Centre

The **FAST Programme** looks at emergency treatment from acute, sub-acute to rehabilitative care at our integrated wards.



Cope Better

SUPPORTIVE AND PALLIATIVE CARE

Champions for compassionate care and quality of life, at every age and at every stage, our **Supportive and Palliative Care Programme**:

- Enables and empowers everyone to care.
- Encourages caring across boundaries.
- Creates caring systems.
- Helps all to live well before leaving well.



Live Better

CHRONIC CARE

Clinic J (Integrated Care Clinic)

The **Chronic Programme** led by one doctor and one care team consolidates a patient's multiple conditions and treatment plans including medication and rehabilitation regime, into one appointment.

We provide a wide range of outpatient medical care at our various outpatient clinics and a full suite of specialist surgical services which support our five clinical programmes.

Our experienced specialist doctors at our Centres and Clinics are focused on delivering quality care to patients through collaboration and comprehensive evaluation, diagnosis and management of conditions and diseases



Ear, Nose and Throat Centre (ENT Centre)



Endoscopy Centre



Eye Surgery Centre



General Surgery Clinic



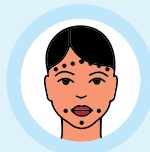
Hand and Reconstructive Microsurgery Clinic



Neurosurgery Clinic



Orthopaedic Centre



Plastic, Reconstructive and Aesthetic Surgery Clinic



Thoracic Surgery Clinic



Urology Clinic



Vascular Clinic



24-HR Urgent Care Centre

Ear, Nose and Throat Centre (ENT Centre)



The Ear, Nose and Throat Centre (ENT Centre) at Alexandra Hospital is equipped with audiology services such as hearing assessment and hearing aid fittings to diagnose and manage hearing loss conditions.

The Centre can diagnose and provide essential support in the assessment and management of speech and swallowing disorders.

Common Conditions We Treat:

- Allergic Rhinitis, Sinusitis, Nasal Polyps, Epistaxis
- Hearing Loss, Peripheral Vertigo, VII Nerve Palsy
- Chronic Suppurative Otitis Media
- Thyroid Masses, Salivary Gland Neoplasms
- Nasopharyngeal Cancer, Head and Neck Malignancies
- Voice Hoarseness
- Snoring and Obstructive Sleep Apnea

Services We Provide:

- Hearing Assessment
- Hearing Aids
- ENT Allergy Testing and Immunotherapy
- Rhinology Service
- Otology Service
- Head and Neck Surgery Service
- Laryngology Service
- Sleep Surgery Service

Contact: +65 6379 3230

Location: Block 28, Level 1, Clinic A, ENT Centre

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_ENT@nuhs.edu.sg



Endoscopy Centre



The Endoscopy Centre at Alexandra Hospital can support high quality diagnostic and therapeutic Endoscopy procedures for patients who require treatment for gastrointestinal, respiratory and urology conditions, either electively or as an emergency.

The Centre provides services for patients referred from a Specialist Outpatient Clinic, wards in Alexandra Hospital as well as direct access from a polyclinic/GP on a planned and unplanned basis.

Common Conditions We Treat:

- Gastro-Esophageal Reflux Disease
- Dysphagia, Dyspepsia and Gastritis
- Constipation and Modification of Bowel Habits
- Loss of Weight and Loss of Appetite

Services We Provide:

- Oesophago-Gastro-Duodenoscopy
- Colonoscopy
- Rubber Band Ligation of Piles
- Sigmoidoscopy

Contact: +65 +65 6379 4240 / 4241 /4242

Location: Block 4, Level 1, Endoscopy Centre

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_Endoscopy@nuhs.edu.sg



Eye Surgery Centre



Alexandra Hospital Eye Surgery Centre uses modern techniques and instruments to achieve eye wellness and to manage eye diseases. We provide one-stop seamless experience for patients undergoing cataract surgery.

Common Conditions We Treat:

- Age-related Macular Degeneration Conditions
- Cataract
- Diabetic Retinopathy
- Glaucoma
- Other Non-Emergency Eye Diseases and Vision Disorders

Services We Provide:

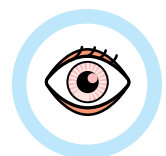
- Investigations, Treatment and Management of Eye Conditions

Contact: +65 6379 3315

Location: Block 28, Level 2, Clinic B, Eye Surgery Centre

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_Eye@nuhs.edu.sg



General Surgery Clinic



The General Surgery Clinic at Alexandra Hospital operates on a newly designed concept of integrated care clinics that ensures shorter waiting times for surgical conditions.

Common Conditions We Treat:

- Breast Diseases
- Colorectal Diseases including Malignancies
- Hepato-Pancreato-Biliary Diseases
- All Abdominal Wall Hernia
- Thyroid and Endocrine Diseases
- Upper Gastro-Intestinal Diseases including Malignancies
- Lumps and Bumps
- Hemorrhoids and Perianal Conditions
- Morbid Obesity and Related Metabolic Conditions

Services We Provide:

- Minimally-Invasive Surgery for Abdominal Wall Hernia
- Laparoscopic Cholecystectomy
- Breast Surgery
- Thyroidectomy Surgery
- Excision Biopsy for Lumps
- Drainage of Abscess
- Thoracic Sympathectomy
- U/S-Guided Fine Needle Aspiration
- Surgery for Gastro-Esophageal Reflux Disease
- Assessment and Investigation Tumours
- Weight Management and Surgery

Contact: +65 6472 2000

Location: Block 1, Level 2, Clinic K, Healthy Ageing Clinic

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_GS_clinic@nuhs.edu.sg



Gynaecology Clinic



The Gynaecology Clinic at Alexandra Hospital provides early and comprehensive evaluation, diagnosis and management of common gynaecological conditions. Health promotion and disease prevention strategies are embedded in care and involve a multidisciplinary approach.

Common Conditions We Treat:

- Genital Tract Infections and Pelvic Pain
- Endometriosis/Adenomyosis
- Abnormal Uterine Bleeding
- Polycystic Ovary Syndrome
- Endometrial Hyperplasia
- Fibroids
- Genital Tract Polyps
- Benign Ovarian Cysts
- Pre Pregnancy and Fertility Concerns
- Emergency Contraception/Contraception
- Menopause and Premature Menopause
- Genital Prolapse
- Incontinence
- Sexual Problems

Prevention Services:

- Well Woman Screening
- Cervical Screening
- HPV Vaccination

Contact: +65 6379 4020

Location: Block 1, Level 2, Clinic J, Healthy Ageing Clinic

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_ICareClinic@nuhs.edu.sg



Hand and Reconstructive Microsurgery Clinic



The Hand and Reconstructive Microsurgery (HRM) Clinic at Alexandra Hospital provides comprehensive management of all trauma and diseases involving the hand, wrist and upper limb.

Common Conditions We Treat:

- Carpal Tunnel Syndrome
- DeQuervain's Tenosynovitis
- Finger, Hand and Wrist Injuries
- Hand Infections
- Hand and Wrist Pain
- Hand and Wrist Fractures
- Hand and Wrist Arthritis
- Upper and Lower Limb Traumas
- Masses and Suspected Benign Neoplasms

Services We Provide:

- Hand Therapy Services
- General Hand Surgery
- Amputation

Contact: +65 6379 4020

Location: Block 2, Level 1, Clinic E, Orthopaedic Centre

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_Ortho@nuhs.edu.sg



Neurosurgery Clinic



The Neurosurgery Clinic at Alexandra Hospital provides expertise covering a comprehensive range of open and minimally invasive neurosurgical brain, spine and peripheral nerve procedures.

Common Conditions We Treat:

- Scalp Lumps and Bumps
- Head/Spine Injury
- Benign and Malignant Brain Tumors
- Brain Metastases
- Haemorrhagic Stroke
- Brain and Spinal Arteriovenous Malformation, Aneurysms
- Hydrocephalus
- Trigeminal Neuralgia
- Hemifacial Spasm
- Spasticity
- Neck Pain
- Back Pain
- Benign and Malignant Spinal Tumors
- Cervical and Lumbar Spondylosis
- Prolapsed Intervertebral Disc
- Carpal Tunnel/Ulnar Nerve Syndrome

Services We Provide:

- Spine Surgery
- Peripheral Nerve Surgery
- Gamma Knife Radiosurgery

Contact: +65 6379 4020

Location: Block 2, Level 1, Clinic E, Orthopaedic Centre

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_Ortho@nuhs.edu.sg



Orthopaedic Centre



The Orthopaedic Centre at Alexandra Hospital provides diagnosis, treatment and rehabilitation for individuals with degenerative joint injuries, as well as sports related injuries and problems.

Common Conditions We Treat:

- Ankle Arthritis
- Ankle Instability
- Degenerative Spine Disease
- Hallux Valgus
- Hip Arthritis
- Knee Arthritis
- Minor Fractures
- Rotator Cuff Tears
- Shoulder Instability

Services We Provide:

- Adult Reconstruction Surgery
- Sports Surgery
- Spine Surgery
- Foot and Ankle Surgery
- Hand and Wrist Surgery

Contact: +65 6379 4020

Location: Block 2, Level 1, Clinic E, Orthopaedic Centre

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_Ortho@nuhs.edu.sg



Plastic, Reconstructive and Aesthetic Surgery Clinic



The Plastic Surgery Clinic at Alexandra Hospital provides a diverse spectrum of medical treatment ranging from burns, complex and chronic wounds and reconstruction affecting the face and body. This includes the management of emergency, post-trauma and other chronic complications to help patients repair, reconstruct and replace any physical defects of both form and function.

We also manage conditions related to congenital and medical disorders such as cancer, infection, lymphedema, cranio-maxillofacial structures, musculoskeletal system, breasts, trunk and extremities.

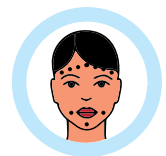
Common Conditions We Treat:

Breasts

- Post-Cancer Reconstruction
- Nipple Reconstruction
- Gynecomastia
- Breast Reduction/Mastopexy
- Breast Augmentation (e.g. Poland's Syndrome)

Cranio-Maxillofacial

- Facial Fractures (includes Frontal Sinus, Zygomaticomaxillary, Orbital, Nasal and Mandibular Fractures)
- Orthognathic Surgery
- Ptosis Correction
- Corrective Rhinoplasty
- Facial Reanimation



Plastic, Reconstructive and Aesthetic Surgery Clinic



Extremities

- Trauma
- Post-Cancer Reconstruction
- Post-Infection Reconstruction
- Lymphedema

Head and Neck

- Post-Cancer Reconstruction
- Post-Infection Reconstruction
- Trauma
- Parotid Surgery

Skin

- Burns
- Skin Cancer
- Lump and Bumps
- Scar Management
- Hemangiomas and Vascular
- Malformations
- Tissue Expansion
- Fat Grafting

Trunk and Pelvis

- Hernia and Burst Abdomen Repair
- Post-Cancer Reconstruction
- Post-Infection Reconstruction
- Trauma
- Rib Fracture Fixation
- Body Contouring Surgery
(e.g. Post-Massive Weight Loss)

Wound Care

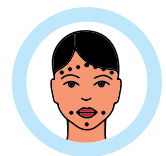
- Complex and Chronic Wounds
- Pressure Sores
- Diabetic Ulcers
- Arterial Ulcers
- Venous Ulcers
- Neuropathic Ulcers

Contact: +65 6472 2000

Location: Block 1, Level 2, Clinic K, Healthy Ageing Clinic

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_GS_clinic@nuhs.edu.sg



Thoracic Surgery Clinic



The Thoracic Surgery Clinic in Alexandra Hospital provides expertise and consultation on a range of surgical conditions in the lung and chest. Our specialist are adept in performing both minimally invasive as well as open surgeries.

Common Conditions We Treat:

- Tumors or Cancers in the Lung, Chest, and Mediastinum (Lung Cancers or Mediastinal Tumors)
- Collapsed Lung (Pneumothorax)
- Fluid around the Lung (Effusion or Empyema)
- Chest Wall Deformity (Pectus Excavatum)
- Sweaty Palms (Hyperhidrosis)

Services We Provide:

- Uniportal Video-Assisted Thoracic Surgery (UVATS)
- Video-Assisted Thoracic Surgery (VATS)
- Open Thoracotomy

Contact: +65 6379 3220

Location: Block 1, Level 2, Clinic K, Thoracic Clinic

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_GS_Clinic@nuhs.edu.sg



Urology Clinic



The Urology Clinic at Alexandra Hospital focuses on the delivery of specialised surgical care in all major aspects of urology for both men and women.

Common Conditions We Treat:

- Benign Prostate Hypertrophy
- Erectile Dysfunction
- Urological Cancers Diagnosis and Assessment for Kidney, Bladder and Prostate
- Urinary Incontinence
- Urinary Stones
- Urinary Tract Infections

Services We Provide:

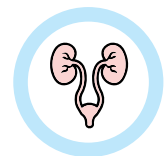
- Uroflowmetry Assessment
- Cystoscopy
- Point-of-Care Ultrasound
- Circumcision
- Vasectomy
- Scrotal Surgeries
- Men's Health Clinic

Contact: +65 6472 2000

Location: Block 1, Level 2, Clinic K, Healthy Ageing Clinic

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_GS_clinic@nuhs.edu.sg



Vascular Clinic



Our Vascular Clinic is a specialised unit that provides treatment for a comprehensive range of vascular diseases. Our specialists are adept in performing both minimally invasive as well as traditional open vascular and endovascular surgeries and operate on a newly designed concept of integrated care clinics that ensures shorter waiting times for vascular conditions.

Common Conditions We Treat:

- Arteriovenous Malformations
- Asymptomatic Aortic Aneurysm
- Carotid Arteriosclerosis
- Chronic Venous Insufficiency
- Diabetic Foot Ulceration
- Dialysis Access Dysfunction
- Peripheral Arterial Disease
- Post Thrombotic Syndrome
- Renal Artery Stenosis
- Thoracic Outlet Syndrome
- Varicose Veins

Services We Provide:

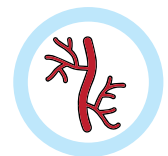
- Peripheral Vascular Disease
- Chronic Venous Insufficiency
- Diabetic Foot and Abscess Surgery

Contact: +65 6472 2000

Location: Block 1, Level 2, Clinic K, Healthy Ageing Clinic

Operating Hours: 8.30am to 6.00pm (Mondays to Fridays)

Email: AH_GS_clinic@nuhs.edu.sg



24-HR Urgent Care Centre



The hospital's 24-hour Urgent Care Centre provides immediate medical attention to patients with acute and urgent medical conditions.

Our multi-disciplinary team is well-trained to provide quality and personalised care, in the same ward, same bed and by the same primary care team.

Contact: +65 6472 2000

Location: Block 6, Level 1, 24-HR Urgent Care Centre

Operating Hours: 24 Hours

Email: AH_Enquiries@nuhs.edu.sg



Access to Care at Alexandra Hospital

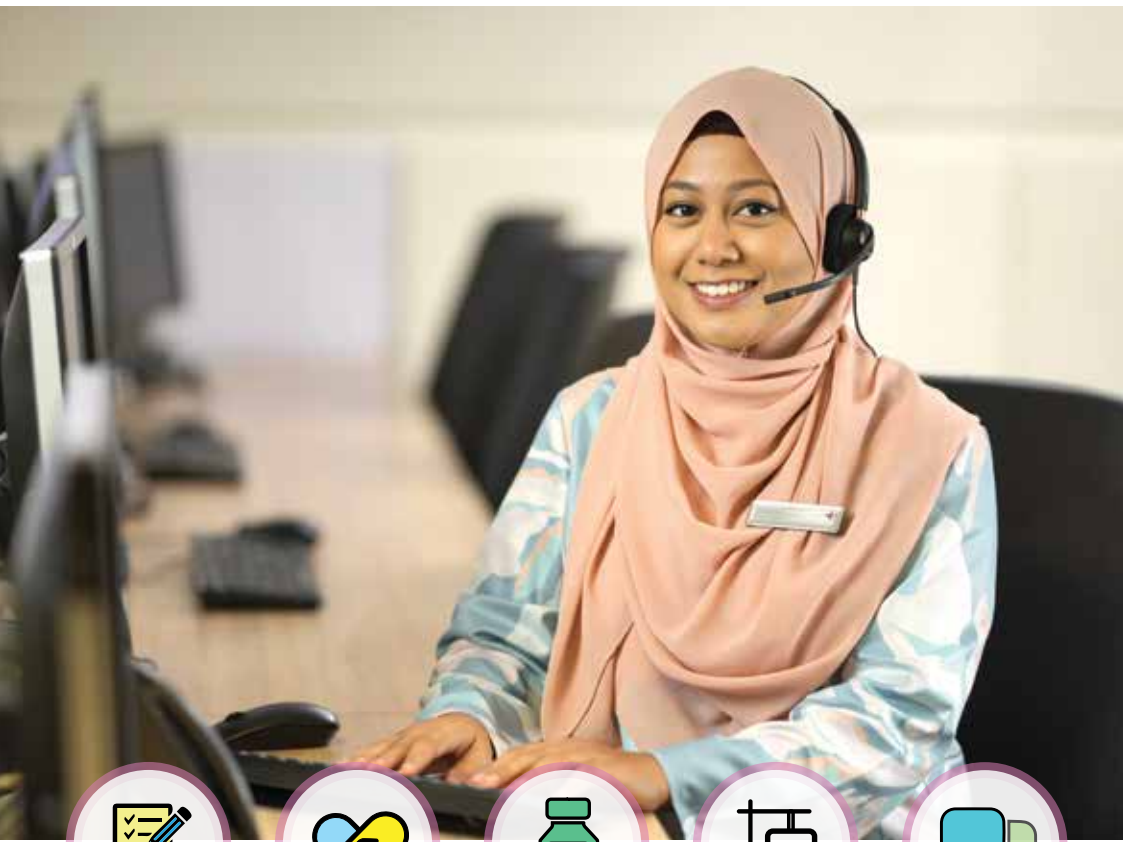
Patients can be referred to Alexandra Hospital in the following ways:

- Self-referral or walk-in through our Urgent Care Centre.
- Referral letter from a General Practitioner (GP), or Polyclinic with any specification or patient's request (e.g. doctor by name, gender, rank, etc).
- Direct re-admission through our **CareHub@Alexandra Hospital hotline 8181 3288** for our existing patients, caregivers, and community partners.

Patients to bring along:

- NRIC or passport (for foreigners).
- Medical Benefits Identification Documents (e.g. Civil Service Card, Medical Benefit Identification Memo or Blood Donor Card).
- Valid work permit for employment pass and letter from their employer if they are a foreigner working in Singapore.
- Appointment card (for second and subsequent visits).
- CHAS referral form
- GP/polyclinic referral letter





Virtual Care Hotline



8181 3288

Medical care just a call away

A patient hotline for medical related enquiries. Virtual Care Centre is staffed by AH Care Team, who are able to advise and link patients up with healthcare services based on their care needs after discharge.

Medication Delivery Service

No More Queues at the Pharmacy, Save Time by Having Your Medication Delivered



How to Order?

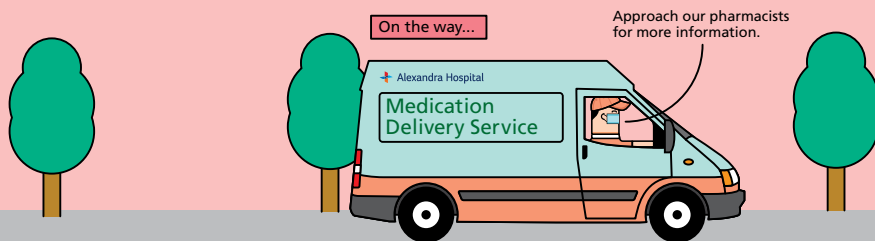
You May Order via 4 Ways

- 1 In Person**
Bring original prescription and completed Medication Delivery Form to the Central Pharmacy at Alexandra Hospital.
- 2 Via Email**
Via Email - Email the completed Medication Delivery Form to AH_homedelivery@nuhs.edu.sg.
- 3 Via Phone Call**
Call +65 6379 3331 to place your order.
- 4 Via the OneNUHS App.**

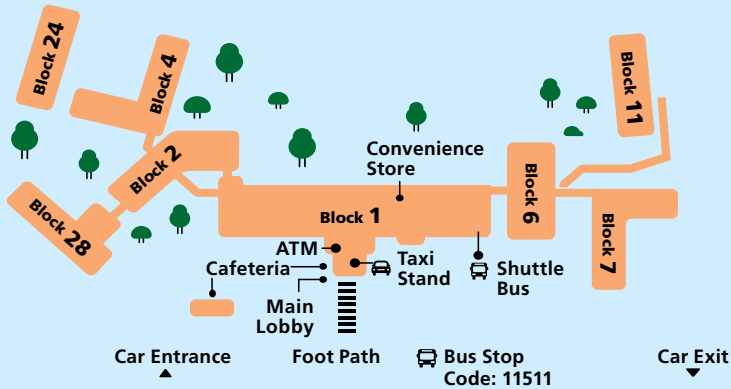
Free Delivery



For more information on delivery fees, please go to <https://bit.ly/3emjpJg> or scan this QR code:



How to Get Around Alexandra Hospital



Block 1

Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

Level 2

- Clinic J, Integrated Care Clinic
 - Gynaecology Clinic
 - Outpatient Infusion Centre (OPIC)
 - Podiatry
- Clinic K, Healthy Ageing Clinic
 - Dietetics
 - General Surgery Clinic
 - Palliative Clinic
 - Physiotherapy
 - Plastic Surgery
 - Rehabilitation & Restorative Medicine Clinic
 - Staff Clinic
 - Urology Clinic
 - Vascular Clinic

Level 3

- Ward 7

Block 2

Level 1

- Clinic D, Dental Centre
- Clinic E
 - Anaesthesia Outpatient Consultation Clinic
 - Hand and Reconstruction Microsurgery
 - Neurosurgery
 - Orthopaedic Centre

Level 3

- Day Surgery Operating Theatre (DSOT)

Block 4

Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

Level 2

- Wards 2 and 3

Level 3

- Wards 4 and 5

Block 6

Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

Level 3

- Intensive Care Unit 1 (ICU 1)
- Major Operating Theatres 3 and 4 (MOT 3 & 4)

Block 7

Level 1

- Wards 8 and 9

Level 2

- Wards 10 and 11

Level 3

- Wards 12 and 13

Block 11

Level 1

- Rehabilitation 2

Block 28

Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

Level 2

- Clinic B, Eye Surgery Centre