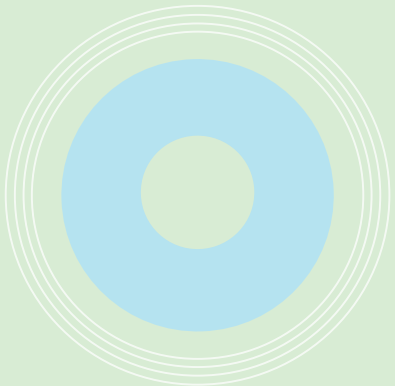


Specialist Clinics & Surgical Services



We Redesign Healthcare With And For Humanity

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About Alexandra Hospital

Part of the National University Health System (NUHS) since June 2018, the new Alexandra Hospital (AH) is the first integrated 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.

Five Programmes, One Redesigned Healthcare Journey:



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 dedicated specialists and surgical doctors provide one-stop care for our patients at our outpatient clinics and centres.



Anaesthesia Outpatient Consultation Clinic



Ear, Nose And Throat Centre (ENT Centre)



Endoscopy Centre



Eye Surgery Centre



General Surgery Clinic



Orthopaedic Centre



Urology Centre



24-HR Urgent Care Centre

Anaesthesia Outpatient Consultation Clinic



Anaesthesia is administered during surgery to minimise pain and discomfort. Anaesthetists, doctors with specialist training, also monitor and manage the patient's vital signs. There are different ways to administer anaesthesia, based on the requirements of the patient and the planned operation.

Local anaesthesia involves eye drops, creams, or injections that numb the area of the body involved in the surgery. The patient is awake but free from pain. Eye surgeries and biopsies are commonly performed with this.

Regional anaesthesia is given through injections that numb a larger or deeper part of the body. Pressure sensations can sometimes be felt, but there is no pain. The patient may be awake or given medication to make them feel sleepy. Caesarean sections and lower limb operations are examples of surgeries often done using this technique.

Contact: +65 6379 3220

Location: Block 2, Level 1, Clinic E, AOCC

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

Email: AH_AOCC@nuhs.edu.sg





General anaesthesia is a state of controlled unconsciousness. The patient will be in a deep “sleep-like” state, and not feel or remember anything. Breast and laparoscopic operations are some of the surgeries that may require this.

Before surgery, selected patients might be scheduled to visit our Anaesthesia Outpatient Consultation Clinic. During the appointment, medical conditions will be assessed and the options and risks of anaesthesia will be discussed. The patient will also be advised on how to prepare for the operation, types of medications to take, fasting requirements (if any).

Patients should bring the following to the clinic visit:

- Current medication prescription or medicines in their original packaging.
- Any records or results of tests and treatments done at other hospitals.

Contact: +65 6379 4020

Location: Block 2, Level 1, Clinic E, AOCC

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

Email: AH_AOCC@nuhs.edu.sg



Ear, Nose And Throat Centre (ENT Centre)



The Ear, Nose and Throat Centre (ENT Centre) at Alexandra Hospital specialises in a wide range of clinical services for patients with ear, nose, throat, head and neck problems. Headed by a group of dedicated and experienced specialists, the Centre delivers quality care to patients in the evaluation, diagnosis and management of ENT diseases and provides the best treatment options available.

The ENT Centre also provides diagnostic services for adult sino-nasal allergies and is equipped with a full suite of audiology services such as hearing tests and hearing aid fittings to diagnose and manage hearing loss conditions. The Centre also provides essential support in the assessment and management of speech and swallowing disorders.

Services We Provide:

- Audiological Services
- Diagnostic Services
- General ENT Services
- Head and Neck Services
- Laryngology and Swallowing Services
- Otologic Services
- Rhinology and Allergy Services
- Sleep Surgery Services

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 aims to deliver excellent service through 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 multidisciplinary team will facilitate the delivery of patient-centric care to ensure that the health and well-being of patients are well taken care of. The unit 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.

Services We Provide:

- Colonoscopy
- Direct Access Oesophagogastroduodenoscopy (OGD)
- Rubber Band Ligation
- Sigmoidoscopy

Contact: +65 6379 3010

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



The Eye Surgery Centre at Alexandra Hospital provides holistic care for our patient's eye needs led by a team of dedicated and highly-experienced eye specialists, nurses, allied health and ancillary professionals.

The Eye Surgery Centre delivers quality eye care services to patients using modern techniques and instruments to achieve eye wellness and to manage eye diseases. As we strive to provide seamless and comprehensive care for our patients, the Centre uses a robust eye care data management system that allows integration of several eye equipment for an improved workflow efficiency and patient care.

Services We Provide:

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

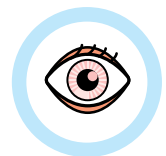
Our newly-renovated day surgery center provides a one-stop seamless experience for patients undergoing cataract surgery. All the equipment has been upgraded to provide the highest level of care such as markerless alignment through the microscope for astigmatism control and implant of toric lenses. With a focus mainly on cataract surgery, this ensures the highest quality of care for our patients.

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 covers all subspecialties including Colorectal, Hepato-Pancreato-Biliary (HPB), UGI, Breast, Thyroid / Endocrine Surgery and Hernia/Minimally Invasive Surgery. It is a specialist-driven service in a restructured hospital setting with shorter waiting times for consultation and for surgery.

We envision to become the Ambulatory Surgery Centre for the western cluster in the near future and we prioritise on surgeries that can be performed at a Day-Surgery setting using our newly-designed concept of Integrated Care Clinics for Pre-operative optimisation and to address patients' expectations.

Our highly-experienced team of specialists has been successful in achieving great heights when it comes to Clinical Quality Index and Value Driven Outcomes within the NUHS Cluster ensuring that we continually improve quality of care and patient experience.

Common Conditions We Treat:

- Breast Diseases, Cancer Diagnosis and Assessment
- Colorectal Diseases and Cancer Diagnosis
- HPB (except transplant)
- MIS & Hernia
- Thyroid and Endocrine Disease
- UGI Diseases

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



Orthopaedic Centre



Healthy bones and joints are essential in maintaining the mobility, support and protection for our body. 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

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



Urology Clinic



The Urology Clinic at Alexandra provides a comprehensive range of services for the evaluation, diagnosis and treatment of various urological conditions among the adults. It is led by a highly-experienced team of specialists with years of specialised training in general urology and its subspecialties. Working closely with nurses and allied health professionals, the combined expertise ensures that patients receive holistic care for a diverse spectrum of general and subspecialised urology interventions and treatment.

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

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



Our Urgent Care Centre provides immediate medical attention to patients with acute and urgent medical problems.

Our multi-disciplinary team is well-trained to provide quality and personalised care for conditions including:

- Acute Gout
- Asthma
- Cold and flu
- Fever
- Headaches
- Hives
- Urinary Tract Infection (UTI)

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

There are three ways to be referred to Alexandra Hospital:

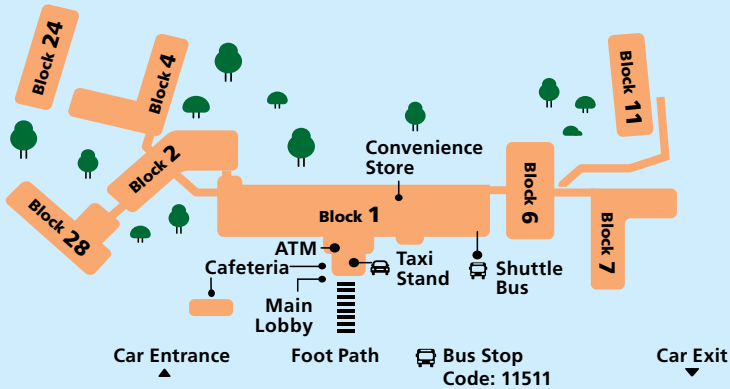
- Self-referral or walk-in through our Urgent Care Centre.
- Referral letter from a General Practitioner (GP), or Polyclinic with any specification or patient's request (e.g. doctor by name, gender, rank, etc).
- Direct re-admission through our **CareHub@Alexandra Hospital hotline 8181 3288** for our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

What should you bring?

- NRIC or Birth Certificate (for patients under 15 years old) 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 your employer if you are a foreigner working in Singapore.
- Appointment card (for second and subsequent visits).



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
 - 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
 - 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