

Open Access Services - Oesophago-Gastro-Duodenoscopy

About Open Access Services

Open Access Services is a programme by Woodlands Health (WH) that allows patients seeking medical attention at primary care facilities to have direct referral access to endoscopy, minor surgery, and advanced imaging, bypassing the need for a consultation with a specialist.

Why Am I Being Referred for this Procedure?

Based on your symptoms, your doctor has referred you for a minor procedure known as Oesophago-Gastro-Duodenoscopy (OGD). Information about this procedure can be found on pages 3 and 4.



What to Expect

1

Before Procedure

- Your doctor submits a referral to WH.
- Your doctor briefs you on the estimated procedure cost.
- A WH staff will give you a call to arrange an appointment and provide financial counselling.



2

Procedure Day

- Arrive at Endoscopy Centre at Woodlands Health Campus, Tower A, Level 2.
- Register at the Patient Services Station.
- A doctor will conduct a screening check and seek your consent before the procedure.



3

After Procedure

- A WH staff will advise you on next steps including booking of a follow-up appointment (if needed) and payment.
- Please return home to rest.
- Depending on your results, you may be informed to follow up with your doctor or specialist.



About Oesophago-Gastro-Duodenoscopy (OGD)

1. What is OGD?

OGD is an endoscopic examination of the upper gastrointestinal tract using a flexible scope with a light source and camera system connected to it.

This procedure allows your doctor to inspect your oesophagus (gullet), stomach and the part of the duodenum (small intestine) visually for any ulcers, bleeding, growths or inflammation. Samples from the ulcers or growths may be taken during the procedure to check for cancer or the bacteria H. Pylori.

Most patients are sedated so they often do not feel or remember the procedure. Your throat will not hurt as medication will also be given to numb it.

2. What are the risks and complications of the procedure?

OGD is a safe procedure and the overall risk of complications is very low. Common and transient effects from the procedure include abdominal discomfort and/or sore throat.

Rare but significant complications include:

- Injury to gastrointestinal wall / perforation requiring surgery (< 0.1%)
- Bleeding (< 1%)
- Heart attack and stroke (< 0.1%)
- Death (0.01%)

Other complications may include adverse reaction to sedation drugs.

4. What are other treatment options beside OGD?

Other options to evaluate the upper gastrointestinal tract include barium studies and CT scans. As most tests have their unique advantages and risks, your doctor will be able to advise you on the best option for your condition.

5. When should I seek medical help after the procedure?

Consult a doctor (family doctor or specialist) if you experience any of these symptoms:

- Difficulty in breathing
- Excessive bleeding or passing of black stools
- Severe abdominal pain or bloatedness
- Severe chest pain
- Severe vomiting
- Swollen and inflamed injection site

Fasting Instructions Before Gastroscopy

Please follow these fasting instructions to avoid having your procedure postponed:

Fasting for morning gastroscopy (before 12.30pm)	
After 12 midnight	  Do not eat anything
2 hours before your reporting time	   Do not eat or drink
Fasting for afternoon gastroscopy (after 12.30pm)	
After 5.30am	  Do not eat anything
2 hours before your reporting time	   Do not eat or drink

On the day before your procedure, please consume only light, low-fibre food and drinks, such as:



White bread
(no spread)



White porridge/
rice



Lean meat
(chicken/fish)



Eggs



Coffee/tea
(no milk)

Medications

Stop all antibiotics 4 weeks before your OGD procedure:

- Metronidazole
- Clarithromycin
- Amoxicillin
- Tetracycline

Stop Proton Pump Inhibitor (PPI) 2 weeks before your OGD procedure:

- Omeprazole (Prilosec)
- Lansoprazole (Prevacid)
- Pantoprazole (Protium)
- Rabeprazole Sodium (Aciphex)
- Esomeprazole (Nexium)

Additional Medication Advice:

- If you are on any heart, blood pressure, thyroid and/or asthma medicine, please take them at 7am with sips of plain water.
- If you are on diabetic medicine, please stop consuming them on the day of your procedure.
- If you are on Cardiprin (Aspirin), Clopidogrel (Plavix), Dipyridamole (Persantin), Ticlopidine (Ticlid), you can continue consuming them.
- Please bring along all the medication that you are currently taking.

Reporting for Your Appointment

After arriving at Woodlands Health Campus, please go to the Endoscopy Centre for admission and preparation for your procedure.

Endoscopy Centre

Tower A, Level 2

Woodlands Health Campus

17 Woodlands Drive 17

Singapore 737628

To get there, go to Lift Lobby 1 and take the lift to Level 2. Turn right after exiting the lift.



If you are driving, park near the green zone and take the lift at Lift Lobby 1 to Level 2.



Scan for directions
to Woodlands
Health Campus
for.sg/wh-getting-to



Scan for maps
of the Campus
for.sg/wh-getting-around

Please arrive 1 hour before your appointment time.

If you do not receive your appointment details within 3 working days from the date of your clinic visit, please call the Endoscopy Centre at 6361 6021 (Monday to Friday, 8.30am to 5.30pm).

Please keep to your scheduled appointment. If you are unwell (i.e. fever, cough or flu) or wish to postpone or cancel the procedure, please call the Endoscopy Centre or Woodlands Health Contact Centre at 6363 8000 (Monday to Friday, 8.00am to 5.30pm and Saturday, 8.00am to 12.30pm).

Documents to Bring

- Referral letter to Endoscopy Centre
- NRIC / Passport / Birth Certificate / Employment Pass or Work Permit
- Medical Benefits: Civil Service Card (CSC) / Public Service Card (PS card)
- Medical Benefit Identity Memo (MBIM) for SAF Personnel
- Singapore Blood Transfusion Service Medical Benefits Card
- PA Card (MCD) / Medical Exemption Card (MCD/MOH) / RUAS Card
- Letter of Guarantee (LOG) / Hospital Identity or Admission Card (HIC/HAC)

If you wish to use Medisave to pay for your admission, please bring the Medisave Account Holder's NRIC and the printed and completed Medisave form.

Personal Care

For your safety, please completely remove these items before arriving for your procedure:

- Contact lenses
- Make up
- Jewellery
- Nail varnish



We also ask that you do not bring too much cash or personal belongings as the lockers provided are small.

Discharge Care

- Please arrange for an adult (21 years old and above) to accompany you home if possible.
- Do not drive or operate any vehicle upon discharge.

