

# Direct Access Services - Oesophago-Gastro-Duodenoscopy

## About Direct Access Services

Direct 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

Please observe fasting instructions as indicated to avoid procedure being postponed:

- Take only light, low-fibre meals such as:



Whitebread  
(no spread)



White  
porridge/rice



Lean meat  
(chicken/fish)



Eggs



Coffee/tea  
(no milk)

- No food 6 hours before the procedure.
- Stop drinking water up to 2 hours before the procedure.

## **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.

## Day of Procedure

### Arriving For Your Appointment

- On the day of your procedure, please arrive at:  
Endoscopy Centre, Tower A, Level 2  
Woodlands Health Campus  
17 Woodlands Drive 17  
Singapore 737628



Directions to Woodlands Health Campus



Getting around Campus

- 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 Endoscopy Centre at 6361 6021 (Monday to Friday, 8.30am to 5.30pm).
- Please keep to your scheduled date. If you are unwell (i.e. fever, cough and flu) or wish to postpone/ cancel the procedure, please call WH Endoscopy Centre during its operating hours, or the Contact Centre at 6363 8000 (Monday to Friday, 8.30am to 5.30pm and Saturday, 8.30am to 12.30pm).

## Documents to Bring

### Identification

- Singapore NRIC
- SAF identity card (11B)
- Non-Singaporeans: Passport, entry permit, employment pass, work permit or other valid ID issued by the Singapore Ministry of Manpower

### Medical Benefit Documents (if applicable)

- Civil Service card
- Insurance card
- Insurer's or employer's guarantee letter (if the bill is covered by your employer)
- Blood donor card
- Financial assistance card/ memo (e.g. PA, MediFund, SMTA, MFEC)

### Others

- Referral letter from your doctor

## Consent

Your consent for the procedure will be obtained from you on the day of the procedure.

## Personal Care

Please do not wear any of the following for the procedure:

- Contact lenses
- Make-up
- Jewellery
- Nail varnish



We also ask that you do not bring too much cash, and bring minimal 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.

Disclaimer: This information sheet mentions some of the more common or important risks of surgery/ procedure. It does not and cannot cover every possible scenario or detail.

