

Direct Access Services - Urea Breath Test

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 Test?

Based on your symptoms, your doctor has referred you for a test known as 'Urea Breath Test'. It is a rapid diagnostic procedure to identify infections caused by *Helicobacter pylori* (H.pylori), a spiral bacterium that can be found in the stomach or part of the gut.



What to Expect

1

Before Test

- 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 schedule an appointment and provide financial counselling.



2

Day of Test

- Arrive at Woodlands Health Campus, Medical Centre, Level 3
- Register at the Patient Services Station.
- Proceed with the test.



3

After Test

- 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.



Preparation Advice

4 Weeks Before Test

Stop taking these antibiotics (Metronidazole, Clarithromycin, Amoxicillin, Tetracycline).

2 Weeks Before Test

Stop the following gastric medications (antacids can be taken):

- H-2 receptor blockers: Famotidine, Ranitidine
- Proton Pump Inhibitors: Omeprazole, Esomeprazole (Nexium), Lansoprazole, Pantoprazole, Rabeprazole (Pariet)
- Other gastric medications (e.g., Bismuth compounds, sucralfate, TCM)

Day of Test

- Do not take antacids
- Fast for 6 hours before the test
- Do not take carbonated drinks (e.g. coke, sprite) 12 hours before the test
- Refrain from smoking 6 hours before the test

After Test

You may resume your usual activities, diet and medications.

Day of Test

Arriving For Your Appointment

- On the day of your appointment, please arrive at:
Medical Centre, Level 3
Woodlands Health Campus
17 Woodlands Drive 17
Singapore 737628



Directions to Woodlands Health Campus



Getting around Campus

- Please arrive at your scheduled appointment time.
- If you do not receive your appointment details within 3 working days from the date of your clinic visit, please call 6363 8000.
- 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 6363 8000 (Monday to Friday, 8.30am to 5.30pm and Saturday, 8.30am to 12.30pm).

Documents to Bring

Identification

- Singapore NRIC or 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

