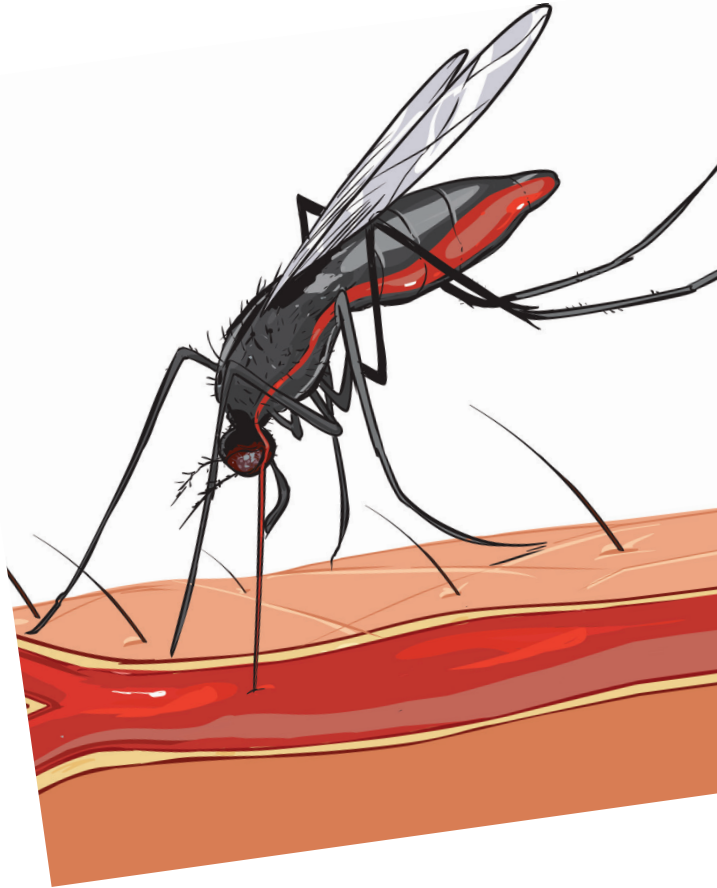


# Dengue Outpatient Management

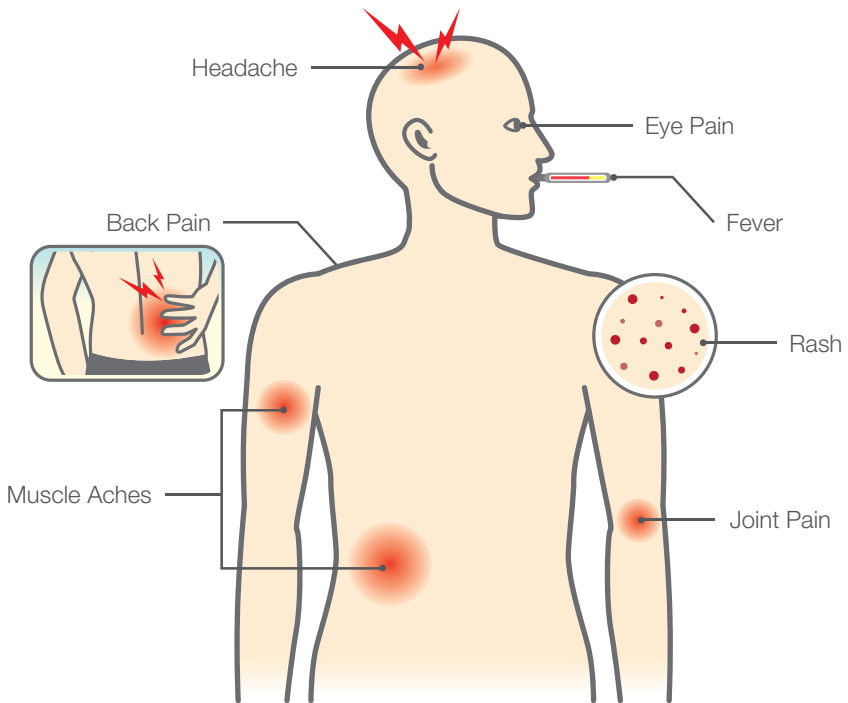


The Dengue Outpatient Management (DOM) clinic manages dengue patients who show signs of dengue but who do not require hospital admission. These patients are cared for in a safe environment that is managed by experienced doctors and nurses. The healthcare team will provide useful diagnostic information, treatments, counselling and advice for patients with dengue.

# What is Dengue?

Dengue is a disease caused by a virus and is transmitted through mosquito bites. The symptoms of dengue include fever, headaches, bone, joint or muscle pains and rash.

## Symptoms of Dengue



You can guard yourself against dengue by preventing mosquitoes from breeding in your home and protecting yourself from being bitten by mosquitoes.

# Dengue Outpatient Management

The Dengue Outpatient Management (DOM) clinic manages dengue patients in an outpatient setting following a set of strict criteria, without having to admit the patient into the ward.

At the DOM Clinic, patients will:

- Receive daily blood checks similar to being admitted to a hospital
- Receive advice on managing dengue
- Receive daily updates on their full blood count (FBC) result
- Have easy access to advice

If hospital admission is required, a doctor or nurse will inform you and make the necessary arrangements. Otherwise, you may recover in the comfort of your home.

## How do I manage dengue?

The following list can help you and your family to manage dengue fever at home. This list is not exhaustive.

- Ensure you get rest if you suspect or are diagnosed with dengue fever. Drink enough water to avoid dehydration.
- Protect yourself and your loved ones from mosquito bites, by using mosquito repellent, mosquito coils or sleeping under mosquito nets.
- Dengue can make you prone to bleeding. Look out for any of the following signs of bleeding:
  - Easy bruising
  - Gums bleeding after brushing your teeth
  - Increased menstrual bleeding
  - Nose bleeds
  - Sticky black stools/bloody diarrhoea
  - Vomiting of blood, either fresh or altered blood which may be coffee-coloured

- Seek immediate medical attention if you experience:
  - Difficulty breathing
  - Dizziness, near fainting and rapid heart rate
  - No urine output for six hours
  - Persistent vomiting
  - Severe abdominal pain
  - Signs of bleeding
  - Sweating, with cold, clammy hands and feet
- If you are taking aspirin, clopidogrel, warfarin, anticoagulants/antiplatelet drugs, consult your doctor on whether you should stop taking these medications.
- Avoid painkillers such as Brufen® or Nurofen® (ibuprofen), Voltaren® (diclofenac), Synflex® (naproxen) or Ponstan® (mefenamic acid) as they may increase the risk of bleeding. You may receive Panadol® (paracetamol) instead if you do not have allergies. Otherwise, please consult your doctor for medical advice.
- Your doctor will follow up with you daily until he/she informs you that you no longer require close monitoring.
- If you feel unwell at any time, please go to a clinic or hospital immediately.

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

\*Please refer to our websites for more details.

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

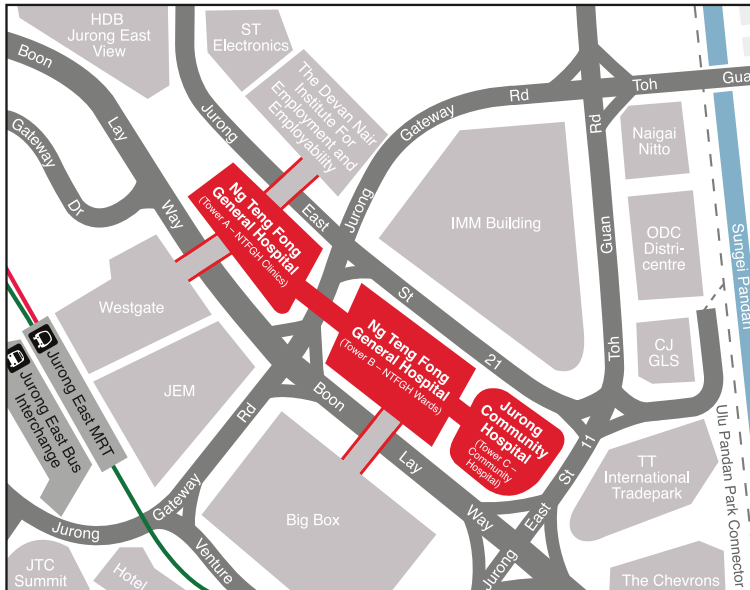
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.