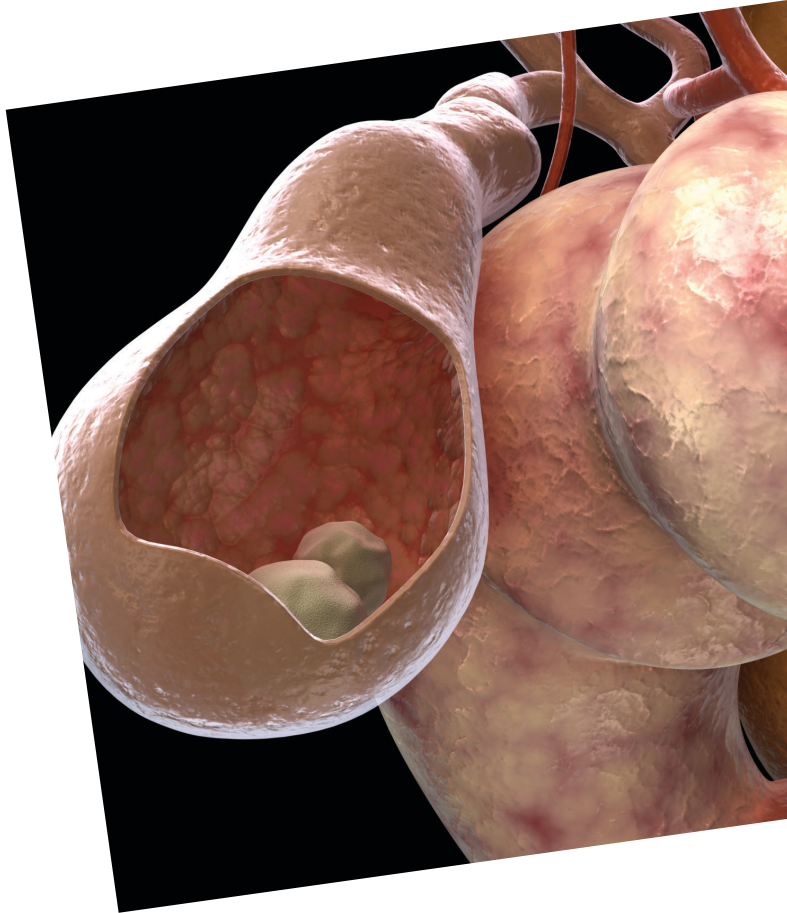


Cholecystectomy for Gall Stone Diseases



The Department of Surgery sees patients for a wide range of surgical services. These include Colorectal, Endocrine, Breast, Upper GI, Bariatrics, Hepatobiliary, Plastics, Neurosurgery, Urology and Vascular Surgery. Our highly qualified consultants use minimally-invasive surgery and surgical endoscopy for diagnostic and therapeutic interventions in the treatment of these conditions. We provide inpatient and outpatient care with a 24-hour acute surgical service. Day surgery (endoscopy) and minor surgery (lumps and bumps) are also offered at Jurong Medical Centre.

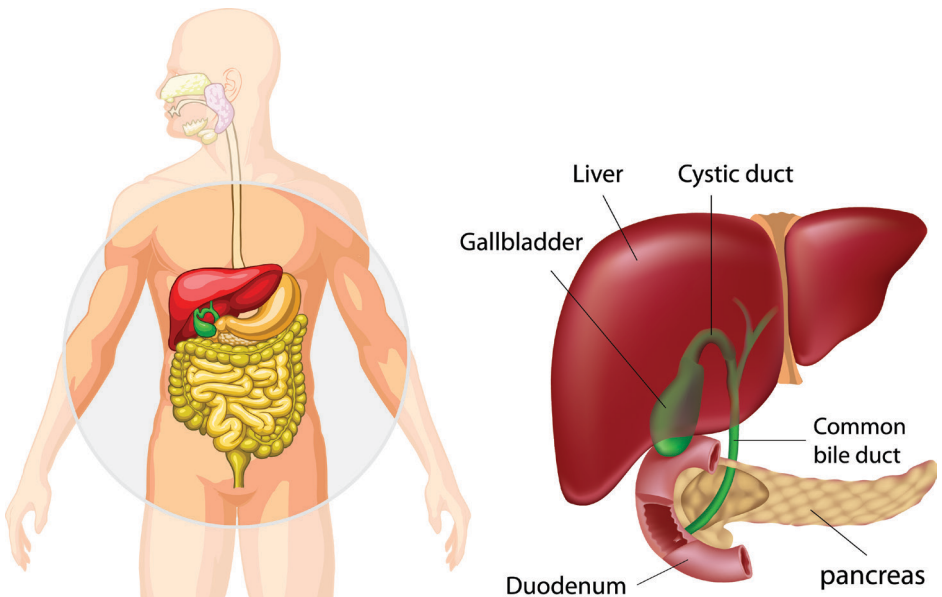
What is Cholecystectomy?

Cholecystectomy is the surgical removal of the gall bladder. It is commonly performed for gall stone diseases.

What is the function of the gall bladder?

The human gall bladder is a pear-shaped sac that is attached to the liver. It is connected to the bile duct and functions as a reservoir of bile. It is responsible for emptying bile into the intestine after a meal to aid in digestion and the absorption of fat.

About half of people with gall bladders removed experience mild and temporary symptoms such as loose motion, gas or bloating. Such symptoms usually go away after two to six months.



What are the symptoms of gall stone disease?

The following are common symptoms of gall stone diseases:

- Bloating in the abdomen
- Pain in the upper abdomen, mostly on the right side and middle
- Fever
- Jaundice (yellowing of the skin and eye)



What are the treatment options?

Surgery is recommended to treat symptomatic gall stone diseases.

- Laparoscopic cholecystectomy
Small incisions are made to the abdomen for a camera and instruments to enter and remove the gall bladder.
- Open cholecystectomy
A larger incision is made (usually in the upper right abdomen) to remove the gall bladder.

- Non-surgical treatment (removal of gall stones)
Medication will be prescribed and a device to break up the stones will be used. Non-surgical options may take months or even years to remove gall bladders. People with severe symptoms may wish to consider surgery. Stones can return with non-surgical treatments.
- Asymptomatic Gall stones
Treatment is given when symptoms appear. A low-fat diet and regular exercise can slow down the growth and size of gall stones.



What are the benefits of surgery?

It limits the risk of complications and prevents gall stones from returning.

What are the risks and complications?

The major complications of surgery are rare. Some of the potential complications and risks of cholecystectomy are:

- Bile leak and bile duct injury
- Bleeding
- Injury to liver and intestine
- Intra-abdominal and wound infection
- Incisional hernia, ugly scars
- Side effects and complications from Anaesthesia
- Death

What are the risks of keeping gall stones?

- Bile duct obstruction and infection
- Infection of gall bladder and perforation of gall bladder
- Pancreatitis
- Recurrent abdominal pain
- Serious illness and possibly death
- Gall bladder cancer

What should I know about surgery?

- **Evaluation before operation**
 - Pre-operative blood tests and ultrasound of the abdomen
 - Pre-operative anaesthetic assessment and counselling on medical conditions, current medications, choice of anaesthesia and pain control
 - Pre-operative surgical counselling
- **On the day of surgery**
 - Do not eat or drink at least six hours before the surgery or as instructed by your doctor
 - Follow your doctor's advice for medications



- **After the operation**

Most patients can be discharged:

- On the same day or a day later (laparoscopic cholecystectomy)
- Two to five days later (open cholecystectomy)

Discharge will depend on your health and recovery from the surgery.

Most patients can return to normal activities one to two weeks after surgery. Many can return to work, depending on the nature of their jobs, in one to two weeks after surgery.

Post-discharge

Please call/consult your doctor if you experience any of the following:

- Excessive wound pain associated with redness around the wound, discharge
- Fever of more than 38°C
- Severe abdominal pain that cannot be relieved by simple painkillers
- Unable to eat or drink
- You feel unwell for no reason

Please consult our team for more information on gall stone disease and its treatments.

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | 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

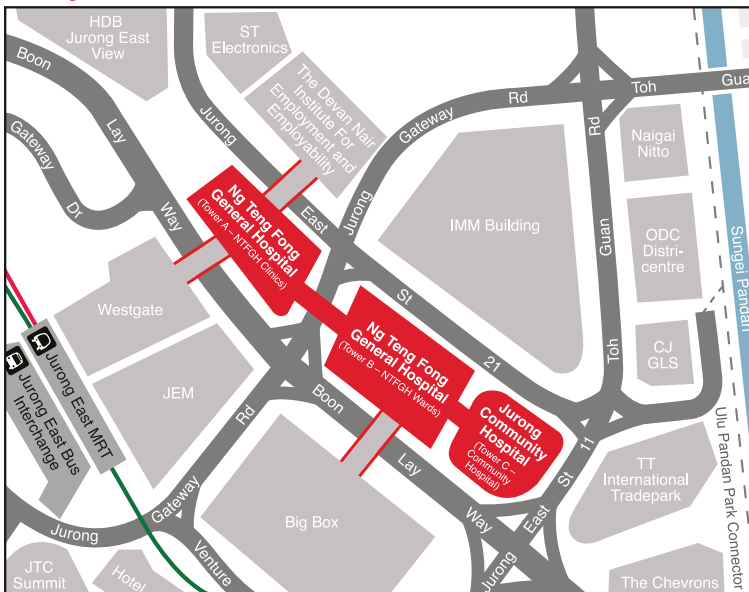
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

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

Fax: 6716 2200 | Email: 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.