

# Gynaecology Services



## Long acting reversible contraception

Alternative methods of contraception are available for women who want to be free from worries about using a contraceptive daily and avoid pregnancy for a few years.

- Intrauterine device

Copper-T IUD prevents a fertilised egg from being implanted by disrupting the uterus' lining. IUD insertion is a simple procedure and can be done in the clinic itself. It has a very low failure rate. Once fitted, it is important to check that the thread is in place regularly. In rare cases, IUD may perforate the uterus and require a simple surgery for its removal. IUD does not prevent the transfer of STDs.

- Mirena

This is a hormone-releasing IUD. Apart from acting as an IUD, it releases low doses of the hormone to thicken the cervical mucus and stop sperm from reaching the uterus. It also thins the uterine lining to prevent the egg from being implanted. It is an especially useful form of contraception for perimenopausal women. It results in lighter and infrequent periods and may be useful in women experiencing heavy periods. There is a low risk of ectopic pregnancy with this method.

## Permanent contraception sterilisation

Male and female sterilisations (surgery) should be considered only if you have completed a family and/or do not wish to have children. Sterilisation is a permanent method with a very small chance of failure. It can be reversed but reversal may not work for all women. Hence it should only be chosen if you have decided carefully that you do not want any more children in the future.

The Gynaecology service comprises a dedicated team of doctors who provide excellent care to patients on a wide range of gynaecological issues such as abnormal bleeding, contraception, pelvic pain, fibroids and other diseases associated with women.

## **Abnormal menstruation and vaginal bleeding**

Abnormal vaginal bleeding in the form of heavy or frequent periods, bleeding in between periods or after sexual intercourse could mean that there is a condition relating to fibroids, hormone imbalance, cancer or pre-cancer that requires further investigation.

Please make an appointment for a consultation if you are experiencing any of the following:

- Bleeding in between periods
- Prolonged period bleeding lasting more than 7 days
- Bleeding after sexual intercourse

## Cervical cancer

Cervical cancer is caused by a common virus known as the Human Papillomavirus (HPV). Pap Smear and Human Papillomavirus (HPV) vaccines are two ways to prevent cervical cancer.

A pap smear test is a simple procedure that collects cells from the surface of the cervix for analysis of abnormality. All sexually-active women between 25 and 69 years old are advised to have a regular pap smear test every three years on average.

Vaccination against HPV is recommended for all young women aged 10 to 25 years old. Ideally, the vaccine should be given before the first sexual contact. HPV vaccines are given as three injections over a six-month period.

## Contraception

The right choice of contraception can determine a happy sexual relationship. Speak to your partner and doctor when considering such options. Different methods of contraception are available and you may also wish to discuss with your doctor on any side effects when choosing the best method of contraception appropriate for you.

Available methods include:

- Contraceptive pills
- Condoms
- Diaphragm or cervical cap
- IUD/Mirena
- Sterilisation



# Types of contraception

## Hormone birth control method

Contraceptive pills support effective family planning and spontaneous sex with minimal risk of getting pregnant. Modern formulations offer a high protection against pregnancy. The newer pills have minimal side effects, but you can speak to your gynaecologist if you have any concerns. A thorough assessment can be done to rule out any risk factors associated with it.



## Barrier contraception

Birth control methods preventing the sperm from entering a woman's uterus are known as barrier contraception.

- Condoms

These are crucial for people starting a new relationship or who want to practise safe sex. Condoms prevent the transmission of HIV and other sexually-transmitted diseases (STDs) but run the risk of coming off or breaking during sexual activity to put you at risk of pregnancy and STDs.
- Spermicides

There are various types of spermicides that can be used with barrier contraception to kill any sperm that escapes the condom, diaphragm or cap. Spermicides sometimes cause allergic reactions in women. It is important to remember that spermicide is not a reliable contraception when it is used alone. A fresh amount needs to be used each time.

## 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)

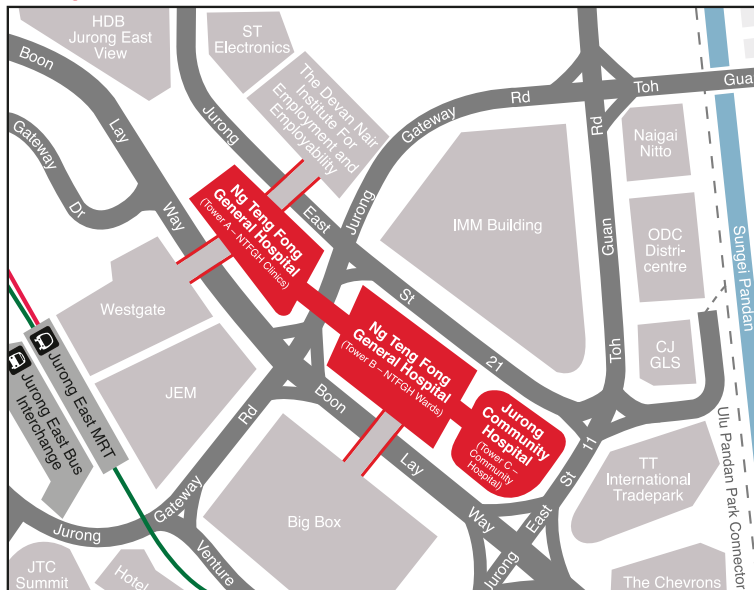
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

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.