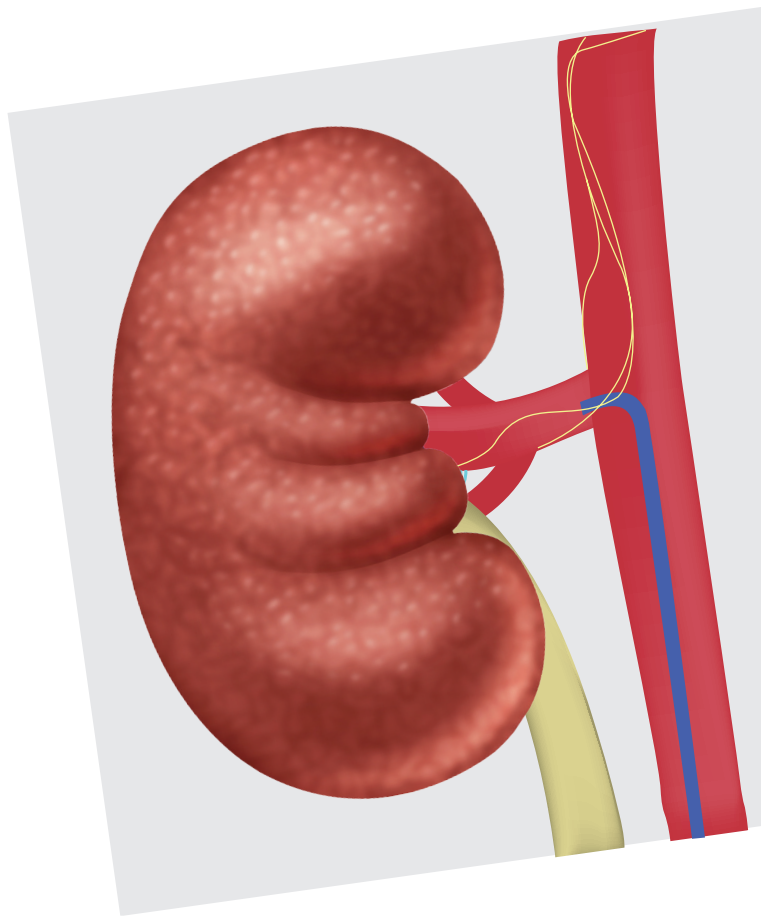


# Renal Denervation



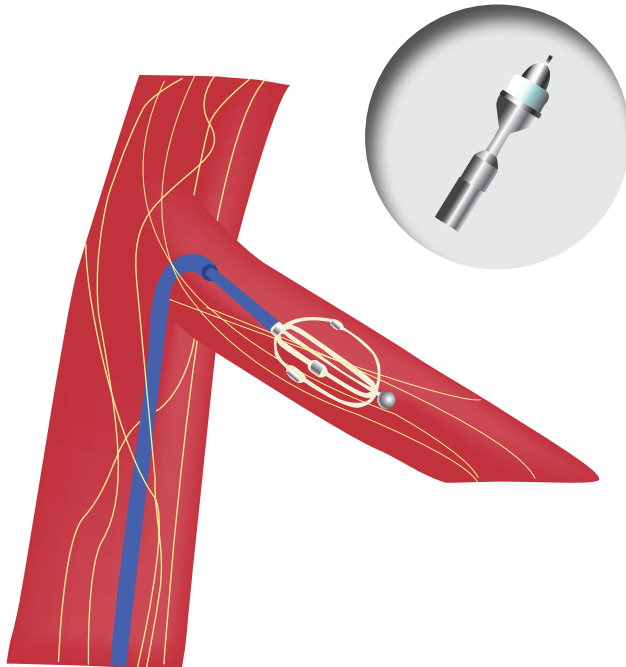
Cardiology services are provided in the Specialist Outpatient Clinic, Emergency Department, Intensive Care Unit and as an inpatient service. A full spectrum of care is provided to cardiac patients as well as healthy individuals who wish to reduce their future risk of cardiovascular disease. Our patients may be referred from the polyclinics or from private practitioners.

# What is Renal Denervation?

Renal denervation (RDN) is a minimally-invasive vascular procedure performed under local anaesthesia to improve blood pressure in patients who have uncontrolled hypertension even with prescribed medications.

## How does it help me?

RDN aims to permanently interrupt the abnormal nerve signals sent from the arteries in your kidney to your heart, brain and blood vessels. These overactive nerve signals are responsible for causing high blood pressure (hypertension).



## Before the procedure, you should:

- Avoid eating or drinking six to eight hours before your procedure.
- Consult your doctor if you need to continue your regular medications on the day of the procedure.
- Give your consent for the procedure.
- Prepare to be hospitalised for an estimated one to two days.

## How is it performed?

You will be asked to lie on your back on a special X-ray table. The skin over the groin will be cleaned with antiseptic and sheets placed around the area to keep everything clean. You will not need general anaesthesia, but a sedative may be given via a drip cannula in your hand or arm to help you relax.

The doctor will insert a small needle into the artery at the top of your leg. A wire is passed down the centre of this needle and used as a guide to place a small plastic tube (sheath) into the artery. A second plastic tube (guide catheter) is then placed through the sheath tube and, using X-ray guidance, is manoeuvred to the arteries that supply your kidneys. The catheter provides a pathway for the device used during treatment and allows your doctor to see the size and shape of your arteries using special dye that is visible under X-ray when injected through the guide catheter.

When the treatment catheter has reached the appropriate location, your doctor will start the treatment. During the treatment, it is normal to feel some discomfort or pain in your abdomen. This can usually be managed effectively with pain medication and lasts a short while. Each denervation ablation lasts 60 seconds. Two ablations will be applied at different locations in the same renal artery to offer a circumferential coverage.

## After the procedure

Once the tube is removed and the procedure completed, you will need to rest in bed for six hours to limit any risk of bruising. If a closure device was used, you may only need to stay in bed for two hours. We will check your blood pressure and the puncture site of the artery frequently. A blood test will be done to monitor your condition. You will usually be required to stay overnight in the hospital for close monitoring.

Slight discomfort is normal where the puncture site is after the local anaesthetic wears off.

Before you go home you will be taught how to care for the puncture site. Please seek medical attention early if the area bleeds or you notice traces of blood in your urine.

We will arrange follow-up appointments for you to check your blood pressure and blood.

## 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)

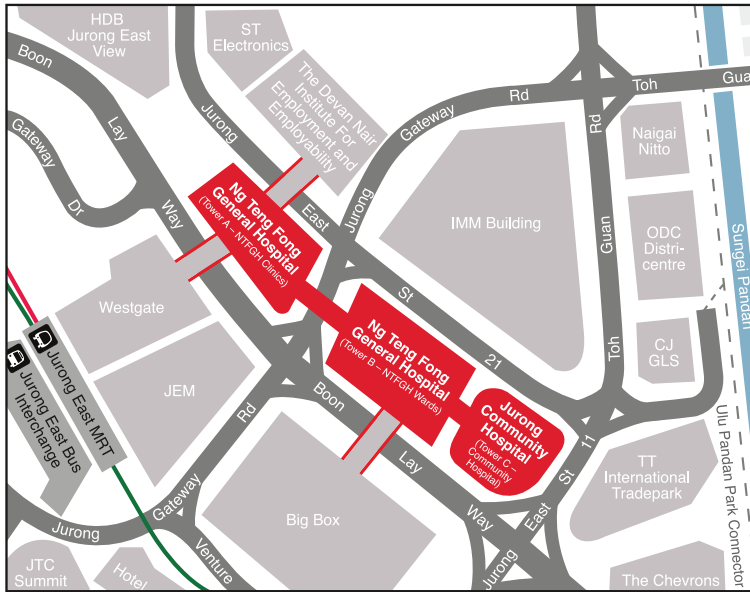
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

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.