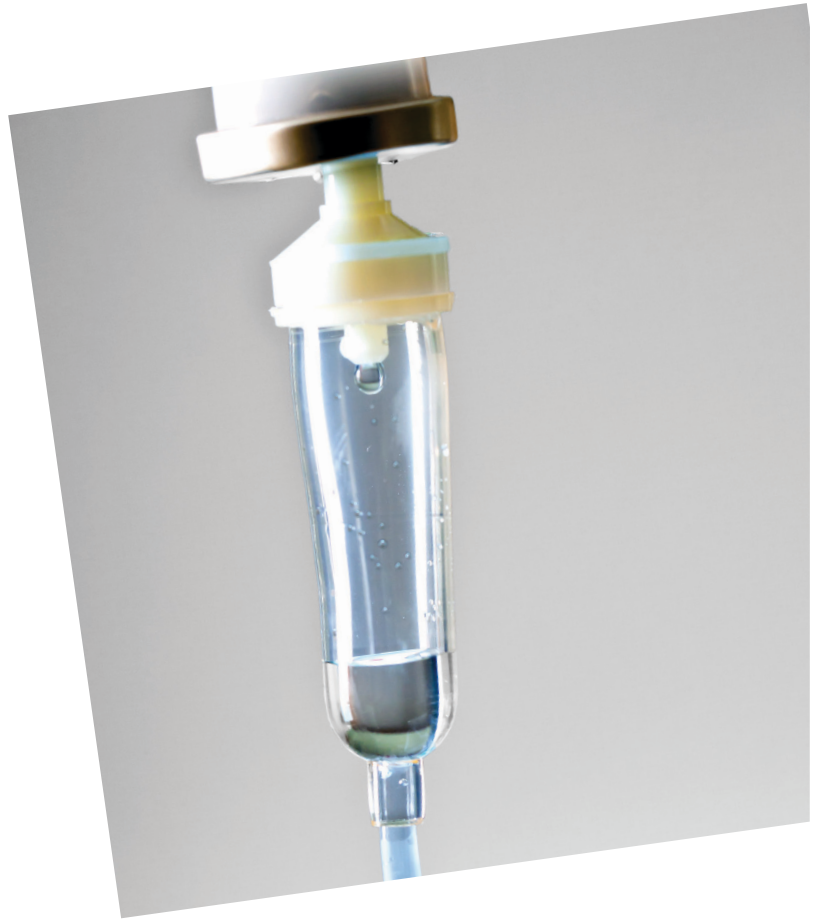


# Your Guide to Chemotherapy



The JurongHealth-National University Cancer Institute, Singapore (NCIS) Cancer Service offers specialised treatments to cancer patients using a combination of surgery and/or chemotherapy and/or radiation therapy.

This brochure helps you understand more about chemotherapy and how to cope with the treatment. Please approach any of our doctors and nurses if you have any doubts and queries regarding chemotherapy.

Our oncology team is with you on this treatment journey.

## **What is cancer?**

Our bodies comprise of millions of tiny structures called cells. Normal cells reproduce themselves by dividing in a regular, controlled manner so that growth and repair of the body tissues can take place.

However, this cell division can sometimes result in abnormal cells which grow and multiply uncontrollably. When these cells invade and spread to other parts of the body, cancer occurs.

## **What causes cancer?**

The exact cause of cancer is not known, however, most cancers occur spontaneously. Possible factors include hereditary (you inherit it because a member of your family has it) or genetic (you were born with it). Environmental factors, diet, and viral infections (e.g. Hepatitis B and C) are also contributing factors.

# What are the treatments for cancer?

Depending on the type of cancer, its extent, stage and overall health of the patient, a doctor may use any or a combination of the following treatments to treat cancer:

<b>Surgery</b>	Using surgical procedures, the tumour is removed from the body.
<b>Radiation Therapy</b>	Using radiation, cancer cells are killed.
<b>Chemotherapy</b>	Using drugs, cancer cells are killed or growth is slowed down/prevented.
<b>Hormonal Therapy</b>	Using hormones, cancer growth is slowed down.

## Chemotherapy

Chemotherapy is a type of treatment that uses cytotoxic drugs to destroy cancer cells. There are many different drug regimens and your doctor may use a single drug or combine two or more drugs in your cancer treatment.

### How will I receive chemotherapy?

Chemotherapy drugs are absorbed into your blood and circulated around your body to destroy the cancer cells. It can be given orally or by injection into your vein, depending on your treatment plan.

Occasionally, a chemotherapy drug may be injected into a muscle or beneath the skin. It may also be injected into the spinal cord, lungs, bladder or abdomen.

## What is the goal of chemotherapy?

Depending on the type of cancer and its stage, chemotherapy may be given to:

- Kill cancer cells at the original site, to the point that your doctor can no longer detect the cancer cells in the body.
- Kill cancer cells that may have spread to other parts of the body from the original tumour.
- Prevent cancer cells from spreading to other parts of the body.
- Relieve symptoms caused by the cancer cells.
- Slow down the growth of cancer cells.

Your doctors will choose the most appropriate chemotherapy for your particular type of cancer.



## Is the treatment working?

After a few cycles of chemotherapy, your doctor will reassess you and recommend medical tests and examinations to see if the cancer cells have shrunk or disappeared.

If chemotherapy is being given as a palliative treatment, the relief of symptoms may tell you if the treatment has worked.

### **How often will I receive chemotherapy?**

You may receive chemotherapy daily, weekly or monthly, depending on the regime you are on. Chemotherapy is often given in cycles, which includes a period of rest in between each cycle. This is to give your body time to regenerate new cells to replace the normal cells that were affected by the chemotherapy drug.

### **How long will the whole chemotherapy treatment last?**

The course of chemotherapy may take several months to complete, but it also depends on how well your disease responds to the drug and the side effects that develop.



### **Do I need to stay in the hospital to receive chemotherapy?**

Generally, chemotherapy is given in an outpatient clinic.

However, you may need to stay in the hospital if your doctor feels that it is necessary to monitor your body's response to chemotherapy closely.

Your doctor will discuss this with you before treatment begins.

### **What should I do if I miss a chemotherapy session or skip a dose of medication?**

It is very important to keep to the chemotherapy schedule because missing or delaying your chemotherapy may affect the effectiveness of treatment.

Consult your doctor or pharmacist immediately if you miss a dose of medication. Do not take a double dose of the medication to make up for any missed doses without specific instructions from your doctor, as this may cause more harm to your body.



**Can I still work?**

You may continue to work, depending on the kind of job you do and how your body reacts after chemotherapy. If your job allows, you may work part-time or work from home on days that you do not feel well.

Speak to your employer on alternatives to adjust your working hours during chemotherapy. Your doctor may arrange for you to see a medical social worker if necessary.

**Can I take other medicine or supplements?**

Some medicine and supplements such as herbs, vitamins, and complementary treatment may bring an undesirable effect with chemotherapy. Please consult your doctor before you start.

**Can I take alcohol?**

Discuss with your doctor before consuming. If it is safe to do so, please consume moderately.





### **Will I have to adjust my diet?**

You may be required to adjust your diet if you experience certain side effects. Please discuss this with your doctor or nurses.

As chemotherapy weakens your immune system, it is best to avoid raw or undercooked food and maintain a well-balanced diet.

### **Are there side effects to chemotherapy?**

Every individual responds differently to chemotherapy and some side effects may occur during or immediately after treatment, or even none. Most go away with time, and can be largely well-controlled with medication. Others resolve when chemotherapy ends.

### **What causes these side effects?**

The chemotherapy drug destroys cancer cells as well as your normal cells. As the normal cells are destroyed, side effects occur. Most of them are temporary as your normal cells will grow back after treatment.

The types of cells that are most likely to be affected by chemotherapy are those that reproduce rapidly, such as bone marrow cells (cells that give rise to blood cells), cells in the digestive tract, hair follicles and the reproductive system.

# Common side effects and ways to manage them

## Fever and Infection

Chemotherapy can reduce the number of white blood cells produced by your body and decrease your body's ability to fight against infection. If your white blood count is low (usually 7 to 14 days after chemotherapy), you may be more prone to infections and take a longer time to recover from them. Common illnesses include cold, cough and fever that may become severe. Therefore, it is important to avoid infection.

### Important:

If your temperature reaches 38°C or you experience chills, severe cough, sore throat, a burning pain when you pass urine, persistent diarrhoea or shortness of breath, please call the Oncology Resource Line during our office hours or go to the Emergency Department. Inform the doctor at the Emergency Department that you are receiving chemotherapy.

### Helpful Tips

- **Check your temperature**
  - Use a digital thermometer to measure your temperature once a day or when you feel unwell or feverish.
- **Do not eat raw or undercooked food**
  - Avoid taking raw food such as sashimi, sushi and raw eggs or food that has not been well-cooked. These may contain bacteria and cause infection.



- **Do not get any vaccines without first consulting your doctor**
  - Some vaccines contain live virus, which you should not be exposed to.
- **Maintain good oral hygiene**
  - Check your mouth and tongue every day to detect for mouth sores, white spots or infections. Seek early treatment if you observe any of these.
- **Practise good personal hygiene**
  - Wash your hands before eating and after going to the washroom, blowing your nose or touching animals. Carry a hand sanitiser with you if you are unable to access to soap and water.
- **Prevent cuts and avoid sharp objects**
  - Use an electric shaver instead of a razor, and do not squeeze or scratch pimples. Use a moisturising lotion to soften and heal dry and cracked skin.
- **Stay away from crowds**
  - Avoid crowded places and plan your activities at less crowded places.
- **Stay away from people who are sick**
  - Avoid contact with people who have a cough, cold, flu measles or chicken pox.
- **Watch for signs of infection around your tube/catheter (If any)**
  - Inform your doctor or nurse if you notice any pain, discharges, redness, swelling or soreness around the tube/catheter site.

## Nausea and Vomiting

Not everyone feels nauseous after chemotherapy. Nausea and vomiting can be prevented or lessened with medication. Your doctor may prescribe anti-vomiting medication before chemotherapy and tablets for you to take home. Please take these regularly as prescribed, even if you do not feel sick, as some anti-vomiting drugs are better at preventing the symptoms.

### **Important:**

Please call the Oncology Resource Line during our office hours or go to the Emergency Department if you are unable to eat or drink enough, or continue to experience nausea and vomiting for more than 24 hours even with anti-vomiting medication.

### **Helpful Tips:**

- **Eat small meals and snacks**
  - Avoid drinking too much fluid at meal times.
  - Eat and drink slowly. Chew your food well for easier digestion.
  - Eat dry toast or crackers.
  - Eat small but frequent meals (i.e. 6 small meals instead of 3 large meals).
- **Plan the best timing to eat and drink**
  - Avoid having a heavy meal just before and after your treatment.
  - Do not do strenuous exercises after a meal.

- **Prevent nausea**

- Avoid food that are fried, oily, spicy or strong in smell.
- Avoid coffee, tea or fizzy drinks as these usually upset your stomach.
- Take your prescribed anti-emetics as instructed by your pharmacist.

- **Relaxation therapy**

- Distract yourself by chatting with friends, listening to music, reading or watching a movie.
- Try meditation, deep-breathing exercises or imagine scenes that make you feel peaceful.

- **Try sugar-free mints or lemon drops**

- Do not do so if you have a mouth/throat sore or an ulcer.

- **Try small bites of popsicles, fruit ices or ice chips**



## Diarrhoea

Chemotherapy may affect the cells lining your intestine, thus causing diarrhoea. Diarrhoea can also be caused by an infection.

Your doctor will prescribe anti-diarrhoea medications to you if necessary.

### **Important:**

Please call the Oncology Resource Line during our office hours or go to the Emergency Department if diarrhoea persists for more than 24 hours, with severe pain or cramps. You should also get medical help if diarrhoea happened more than six times with large amount of watery stool despite taking anti-diarrhoea medicine.

### **Helpful Tips:**

- **Avoid the following food:**
  - Cabbage, broccoli and soy products that can cause gas.
  - Drinks that are very hot or very cold.
  - Fried, greasy or spicy food.
  - High-fibre food such as whole grain bread, cereals, beans, raw vegetables and fruits and nuts.
  - Milk or other dairy products.
- **Be gentle when you cleanse yourself after a bowel movement**
  - Consider using baby wipes, instead of toilet paper if the anal area is sore.
- **Drink lots of clear fluids**
  - Drink at least 8 glasses of water or clear broth a day.
  - Sports drink may be helpful for electrolytes replacement, e.g. 100 plus

## Constipation

Constipation could be an unpleasant side effect of chemotherapy and happens when an individual is less active, unnourished or not drinking enough fluids.

### Important:

Inform your doctor if you have not moved your bowels for more than three days. Your doctor may prescribe some medicine to assist you in bowel movement.

### Helpful Tips:

- **Drink lots of fluid**

- Drink at least 8 glasses of water or other fluids per day. Fruit juices and prune juice may also be helpful.

- **Eat high fibre food**

- These include whole wheat breads and cereals, cooked vegetables, fresh and dried fruits and nuts. Be sure to drink more water when you increase your fibre intake.

- **Stay active**

- Do light exercise regularly. Low impact sports like walking can improve bowel movement. If you cannot walk, perform passive exercises on the bed or chair. Discuss with your doctor or nurse on how you can be more active.



## Mouth Sores

During chemotherapy, the lining of your mouth may become sore and prone to infection. This usually happens around 7 to 10 days after chemotherapy. It is therefore important for you to practise good oral hygiene.

### Important:

Inform your nurse or doctor if you experience any pain in your mouth, notice white spots/patches on your tongue or mouth, an unusual amount of bleeding or difficulty eating, drinking, breathing or talking.

### Helpful Tips:

- **Avoid the following that may irritate your mouth**
  - Alcoholic beverages, carbonated drinks, coffee, tea, caffeine.
  - Citrus juices or food containing citric acid (e.g. tomatoes, oranges, lemons etc).
  - Mouthwash containing alcohol, such as Listerine.
  - Spicy, coarse or rough-textured food.
  - Very hot or cold beverages and food.
- **Keep your mouth clean and moist**
  - Apply a lip moisturiser often to prevent dry chapped lips.
  - Drink plenty of fluids to keep your mouth moist and fresh.
  - Rinse your mouth with salt water or alcohol-free mouthwash after every meal.
- **Maintain good nutrition**
  - Include high protein and high calorie foods which are soft and/or semi-liquid (e.g. scrambled eggs, mashed potatoes, puddings, blended or pureed foods) to enhance healing.
  - Take liquid supplements (e.g. Ensure plus and Breeze), as recommended by your doctor.



- **Maintain good oral hygiene**

- Brush your teeth with a soft-bristle toothbrush or cotton swabs after meals and at bedtime.
- Check your mouth and tongue once a day for white spots/ patches or mouth sores or ulcers.
- Dental flossing is recommended unless your white blood count or platelets are low.

- **Visit a dentist before starting on chemotherapy**

- Dental treatment during chemotherapy is not recommended. It is important to have any dental work done before chemotherapy begins.
- Inform the dentist of your treatment plan.



**For patients with dentures:**

- Always clean and brush your dentures or partial plate before soaking it in a regular soaking solution.
- Avoid wearing ill-fitting dentures.
- Remove your dentures/partial plate before brushing your teeth or rinsing your mouth.

## Loss of appetite/alteration in taste

Loss of appetite and alteration in taste is a common side effect of patients undergoing chemotherapy. It could be due to the cancer itself or emotional stress. It is temporary and your taste buds and smell will usually return slowly 2 or 3 months after the end of treatment.

### Important:

Try to drink 10 glasses of fluids a day, including juices, and eat a well-balanced diet. It is important to have enough protein and calories everyday so that your normal cells can repair and regenerate effectively.

### Helpful Tips:

- **Eat small meals and snacks**
  - Eat small but frequent meals (i.e. 6 small meals instead of 3 large meals)
- **Diet modifications**
  - Choose appealing food that look and taste nice even if is unfamiliar.
  - Encourage liberal intake of “treats” or “comfort” foods.
  - Retry the distasteful food again after a 2-week period, to note tolerance.
  - Try to eat at least one third of your required protein and calories intake in the morning when your appetite is at its best.
- **Maintain good nutrition**
  - Choose food that are high in protein (e.g. bean products, dairy, eggs, fish, poultry)
  - Take other food supplements such as Ensure, Isocal, Resource, Sustagen etc.

- **Plan the best timing to eat and drink**

- Avoid lying down immediately after a meal. Sit in a reclined position, take a short walk or do a light activity before meals.
- Eat in pleasant surroundings to improve taste buds.

- **Ways to reduce the unpleasant taste**

- Flavour food with herbs, lemon, sauces, spices, sugar, unless contraindicated.
- Sip clear, cold fluids, such as water and soft drinks slowly through a straw, to bypass taste buds.
- Try sugar-free mints, dried fruits, lemon drops (contraindicated in mouth sores) after meal.
- Use an alcohol-free mouth wash to remove any bitter or metallic taste.



## Hair Loss

Hair loss is a common side effect of chemotherapy as chemotherapy weakens hair follicles causing hair to drop more quickly than usual. Not all drugs cause hair loss and some drugs only cause thinning of the hair or hair to become brittle.

Hair loss can be very distressing, however it is only temporary and your hair will grow back when treatment completes. Hair will usually grow back completely 6 to 12 months after treatment completes. Your hair may also start to grow while you are still receiving treatment. The texture and colour of your new hair may be different, for example, curly hair becomes straight and dark hair becomes lighter.

### Important:

Hair loss does not always happen immediately and is usually noticeable a few weeks after treatments. It can occur on all parts of the body, including the face, hands, arms, legs, underarms and pubic area.

### Helpful Tips:

- **Before hair loss**
  - Choose a hairpiece that matches the colour and texture of your hair. If you are feeling adventurous, choose a wig for a whole new look.
  - Consider getting a haircut before treatment. Keep hair short to enhance fullness and thickness. Shorter hair also makes hair loss easier to manage.



- **Be gentle to your hair**

- Avoid harsh chemicals such as hair dyes and hair dryers and hair styling tools with excessive heat.
- Do not scrub hair vigorously.
- Use a neutral pH shampoo and conditioner. Avoid baby shampoo that is too alkaline.
- Use a soft hair brush or wide-toothed comb to avoid pulling your hair and hair roots.

- **Protect your scalp**

- Avoid places that are very hot or very cold.
- Wear a scarf, cap or turban as a bald head is more susceptible to sun burn. These accessories come in a variety of colours and fabrics that can make you look good.
- Use sunscreen or sunblock on scalp.

- **Sleep on a satin pillow cover**

- Satin creates less friction than cotton and improves comfort.

- **Talk about your feelings**

- Speak to a counsellor about your feelings regarding hair loss, or to someone with a similar experience.

## Fatigue

Fatigue is the most common side effect of chemotherapy. The exact cause is not known but factors such as the tumour, low blood counts, nutritional problems, stress, anxiety, depression or sleep problems may contribute to fatigue.

### Important:

Please inform our nurse if you have been too tired to get out of bed for the past 24 hours, or if you are feeling emotionally unstable.

### Helpful Tips:

- **Eat and drink well**
  - Drink plenty of fluids and eat a well-balanced diet.
- **Keep a diary of how you feel**
  - This will help you plan your time better.
- **Get enough rest**
  - Ask family members or friends to help you with chores.
  - Discuss your treatment schedule with your employer. You may wish to work part-time or flexible hours while you are receiving treatment.
  - Get rest when necessary.
- **Stay active**
  - Plan activities according to your level of tolerance.
  - Take short walks or do light exercise.
- **Talk to your doctor or nurse**
  - If you experience severe anaemia symptoms (e.g. giddiness or pale skin)
  - Inability to perform activities of daily living.



## Effects on skin and nails

Some chemotherapy drugs may cause sore or dry hands and feet. With some drugs, your nails may become darker than usual and may develop ridges or white lines. Certain drugs may also discolour the skin, causing dark lines to form along the veins or when there is friction (e.g. due to tight clothing). Some drugs may also cause local reaction at the injection site or along the vein. This fades with time after treatment.

### Important:

Please inform your nurse or doctor if you notice any rashes or blisters.

### Helpful Tips:

#### • Nail protection

- Inform your doctor or nurse if your nail cuticles are red and painful, or if you experience an inability to perform daily function.
- Wear gloves when you perform household chores or work with tools or detergents.
- Wear well-fitting shoes to protect your toes and feet, and take extra care when cutting your toe nails to avoid cuts.

#### • Protect from sunlight

- Apply lip balm that is SPF 15 or higher, to keep lips moist.
- Apply sunscreen that is SPF 15 or higher whenever you leave the house.
- Avoid exposure to sunlight and tanning booths.
- Wear loose and light-coloured clothing.



- **Skin protection**

- Choose moisturising shower foams and hand wash lotion.
- Do not use aftershave, cologne or perfume that contains alcohol.
- Moisturise your hands, feet, and nails with a suitable lotion.
- Take quick lukewarm showers or sponge baths instead of long hot baths.

## **Effects on kidney and bladder**

Some chemotherapy drugs may affect and damage the bladder and kidney. These side effects can be permanent or temporary. It is therefore important to recognise symptoms early.

### **Important:**

Please call the Oncology Resource Line to speak to our nurse if you experience any pain or a burning sensation when you pass urine, an increased urgency in urination, notice urine with blood, or observe a significant reduction in urine output.

### **Helpful Tips:**

- **Drink lots of fluids**

- Drink at least 8 glasses of water or other fluids a day. This is especially important in the first few days after chemotherapy.

- **Limit drinks that contain caffeine**

- Cut down on drinks that contain caffeine (e.g. black tea, coffee and some cola products).



## Effects on the reproductive systems

Some chemotherapy drugs can damage the ovary or testis, leading to an increased risk of infertility (inability to have a child), as well as increase the loss of libido. Women may also experience early menopause. Should this be a concern, please discuss it with your doctor before starting chemotherapy treatment.

### For Women

Depending on your age and treatment, chemotherapy may affect your ability to conceive a child, temporary or permanent.

Women receiving certain chemotherapy protocols may notice changes in their menstrual cycle, experience hot flushes and vaginal dryness.

#### Important:

- **Do not get pregnant while on chemotherapy**

It is possible to become pregnant during the period when you are receiving chemotherapy, but it is not advisable to do so as some chemotherapy drug can harm the foetus. You and your partner should use effective contraception.

- **Concern on having children**

If you are concerned about preserving your fertility, your doctor in charge may refer you to fertility clinic where you can discuss the available options (i.e. ways to preserve your eggs) before starting your treatment.

If you are still having your menstrual period, your doctor may request that you undergo a pregnancy test before starting on chemotherapy treatment.

If pregnancy happens before or during the treatment, you must inform your doctor immediately.

- **Breast-feeding during treatment**

There may be potential risks to a child who is being breastfed by a mother who is receiving chemotherapy treatment as the drug may be infused in the milk. It is important that you check with your doctor first, if you wish to breast feed while receiving treatment.

- **Use a lubricating water**

Use a lubricating water based jelly to reduce dryness of vagina and pain during sexual intercourse.

## **For Men**

Some chemotherapy drugs can damage the testis and may affect your ability to father a child. Chemotherapy may reduce the sperm count. After treatment, some men remain infertile while sperm count returns to normal for others.

### **Important:**

- **Your spouse or partner must not get pregnant while you are on chemotherapy**

During and at least six months after chemotherapy treatment, it is not advisable for you to father a child as your sperm may not be normal yet and this could cause birth defects. You and your partner should use effective contraception.

- **Concern on having children**

If sterility is likely to be a permanent side effect, you may be offered the option of sperm banking before starting treatment. A blood test is required to ensure your sperms are healthy before that.

### **Helpful Tips:**

- Speak to your doctor on when it is safe to conceive after treatment.

## Bleeding

Platelets help your blood to clot and prevent you from bleeding and bruising. Chemotherapy can reduce the platelets count in your body, and you may notice you bruise easily or have a tendency to bleed from the nose or gums. Occasionally, small red-purple spots may appear on your skin.

### Important:

Please inform your doctor or nurse if you notice any of the signs stated above as this could mean that your platelet count is low.



### Helpful Tips:

- **Be careful not to get cuts and nicks**
  - Avoid blowing your nose forcefully or peeling any crusts from the nose.
  - Avoid using razor blades, nail clippers or dental floss to prevent risk of injury and bleeding.
  - Wear thick gloves when gardening and exercise caution when handling knives.
- **Care of teeth**
  - Do not use dental floss when your white blood counts and platelets are low.
  - Inform your dentist that you are on chemotherapy before getting any dental work done.
  - Use a soft-bristle toothbrush to brush your teeth.
- **Prevent further bleeding**
  - Avoid contact sports or strenuous activities that may cause injury.
  - Avoid massage, acupuncture and acupressure that may cause bleeding.
  - Do not take any medicine without consulting your doctor, especially aspirin or other pain-relieving medicine.

## Peripheral Neuropathy

Some chemotherapy drugs can cause problems with the nerves in the body. You may experience numbness, burning or tingling sensations in your fingers and toes, which may persist for some time after receiving chemotherapy. Depending on the type of cancer and treatment prescribed, you may have difficulty doing up buttoning shirts or performing fine movements.

These sensations may worsen when you are exposed to coldness and can affect your nose and throat to cause swallowing and breathing problems.

### Important:

Report any change in the sensation of your limbs to your doctor, who may alter your drug dosage if necessary.

### Helpful Tips:

- **Falls prevention**

- “Fall Proof” your home to minimise/prevent falls, e.g. place an anti-slip mat at your shower area and keep floor dry at all times.
- Practise proper foot care and wear proper shoes to prevent injuries.

- **Massage Therapy**

- Gently massage your hands and feet to improve circulation and stimulate the nerves for temporary pain relief.

- **Sensitivity to cold**

- Avoid cold drinks if your mouth is affected.
- Wear gloves, warm socks or scarf when you feel cold.



## Arthralgia and Myalgia

Arthralgia is pain over your joints and myalgia is pain in your muscle. It is a side effect of chemotherapy and occurs in the large joints such as the hips, knees or shoulders. Pain can range from mild to severe.

### Important:

Keep a record of your pain score and inform your doctor or nurse if it worsens or persists despite medication.

### Helpful Tips:

- **Heat therapy**
  - Apply a heat pad for 5 to 10 minutes 4 to 5 times a day over the aching area. Alternate the placement to avoid overheating.
  - Take a warm bath instead of a cold shower.
- **Massage therapy**
  - Massage the affected area to provide comfort.
- **Pain relief**
  - Avoid prolong standing.
  - Avoid strenuous activities that aggravate the condition.
  - Take all medications prescribed by your doctor.
- **Rest**
  - Get more rest and limit your activity.

## Where can I get support?

Being diagnosed with cancer is a life-changing event and coping with treatment may be challenging. Join a support group to learn from others how they cope on this same journey. There are various Cancer Support Groups in Singapore that can offer you assistance:

- Breast Cancer Foundation Singapore
- Singapore Cancer Society

### Further Information

Please do not hesitate to discuss your concerns with your doctor or nurse.

Our Oncology team is here to care for you and assist you on this journey. Please call the Oncology Resource Line at 6716 1702 from Monday to Friday (8:30am-5pm).



**Notes:**

**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)

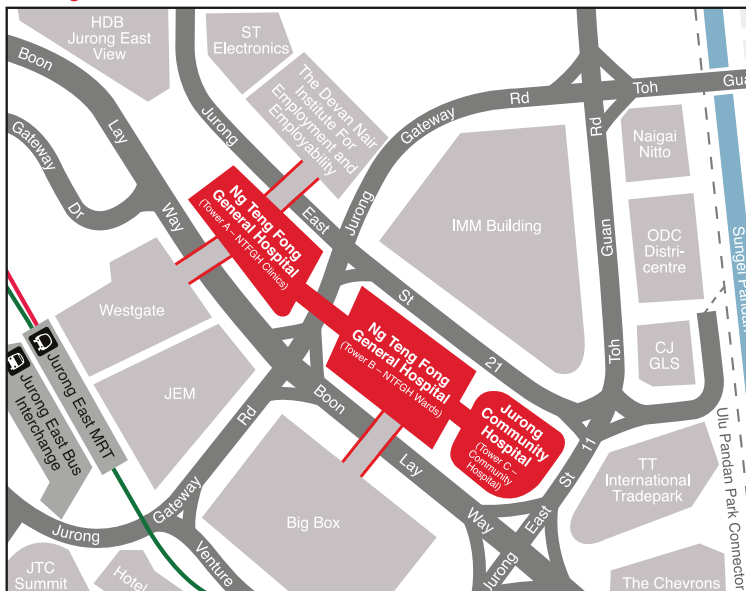
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

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.