



We will always be there

You do not have to live with the embarrassment of bladder and womb problems. Speak to our urogynaecologists and find out how these conditions can be treated.

Our urogynaecologists are specialists in bladder, pelvic organ prolapse and pelvic floor problems. At ParkwayHealth Hospitals, we use the latest cutting-edge technology in treating women with bladder problems associated with gynaecological conditions. Such conditions include:

- Urinary incontinence (involuntary leakage of urine).
- Overactive bladder (passing urine too frequently /urge to urinate).
- Voiding dysfunction (difficulty in passing urine).
- Recurrent urinary tract infections.
- Pelvic organ prolapse (lump protruding out of vagina).
- Other urinary symptoms e.g. bed wetting, blood in urine, pain when passing urine.

Assessment is the first step to planning treatment. If you have the above symptoms, help is at hand. We are committed to providing holistic treatment in a pleasant and soothing environment where patients are attended to by caring and understanding staff.

At Gleneagles Hospital, the following diagnostic tests may be required in preparation for your consultation with the urogynaecologists.

- Urinalysis.
- Urine for culture and sensitivity.
- Pad test/stress test.
- Urodynamics studies.
- Bladder scan.

Medical advances in Urogynaecology have allowed treatment to be simple, fast and pain-free. There is a wide range of treatment, both conservative and surgical—to suit your every need.

Our dedicated staff will prescribe the appropriate exercises, drugs or lifestyle changes for treatment.

Conservative Treatment

These treatments are generally non-invasive and can be completed quickly with only small chances of complications.

Rest assured you are in capable hands and you will have a stress-free experience. We will have you back on your feet in no time.

They include:

- Bladder Retraining.
- Clean Intermittent Self-Catheterisation.
- Pelvic Floor exercises Vaginal Cones (with Rehabilitation Department).
- Electrical Stimulation.
- Vaginal pessaries.
- Drug treatment.

The **IPAC Hotline** +65.6735.5000 is a free service that connects patients in real time to relevant medical services and doctors across ParkwayHealth's Hospitals.

East Shore Hospital
321 Joo Chiat Place
Singapore 427990

Tel: +65.6344.7588
www.eastshore.com.sg

Mount Elizabeth Hospital
3 Mount Elizabeth
Singapore 228510

Tel: +65.6737.2666
www.mountelizabeth.com.sg

Gleneagles Hospital
6A Napier Road
Singapore 258500

Tel: +65.6473.7222
www.gleneagles.com.sg

**ParkwayHealth
Primary Care Network**
20 Bendemeer Road, #01-02/06
Singapore 339914

Tel: +65.6227.7777
www.primarycare.com.sg

**ParkwayHealth Day Surgery &
Medical Centre**
363 Balestier Road
Singapore 329784

Tel: +65.6305.7305

Surgical Treatment

Going a step beyond conservative treatment, we are equally proficient in surgical treatment. You may require hospitalisation, but with our extensive experience in this area, recovery will be quick and fuss free. Our urogynaecologists will determine a form of specific surgical treatment that will solve your current problem.

- Cystoscopy (including Botox injections).
- Vaginal hysterectomy/Manchester operation.
- Pelvic floor repairs.
- Burch colposuspension.
- Tension-free vaginal tape.
- TVT-obturator technique.
- Bulking agent injections.
- Sacrocolpopexy.
- Sacrophysteropexy.
- Sacrospinous Hysteropexy.
- Sacrospinous ligament fixation.
- Paravaginal cystocele repair.
- Mesh in pelvic floor repair.
- Vaginal fistula repair.
- Fenton's operation.
- Laparoscopic burch colposuspension.
- Laparoscopic pelvic floor reconstruction.
- Vaginoplasty – tightening of lax/gaping vagina.

Our Full Range of Specialised Service

Our commitment to your well-being is unmatched. With an extensive list of services, our medical professionals are able to quickly assess your condition and prescribe the appropriate treatment.

- Full urogynaecological history and examination.
- Urogynaecological investigations:
 - ICS one-hour pad test
 - Erect stress test
 - Frequency-volume chart
 - Uroflowmetry
 - Filling and voiding cystometry
 - Urethral pressure profilometry
 - Ambulatory urodynamics
 - Ultrasound
 - Bladder scan
 - Videocystourethrography (VCU)
 - Intravenous Urography (IVU)
 - Micturating Cystourethrography

What ParkwayHealth hospitals can offer?

If left untreated, bladder, pelvic organ prolapse and pelvic floor problems could eventually lead to more dire consequences with decreasing success rates. ParkwayHealth's years of expertise in this area allow for quick and speedy treatment and recovery for our patients. Our state-of-the-art facilities also rank among the best in the world.

Here at ParkwayHealth, our committees and dedicated multispecialist team of doctors, nurses and other healthcare professionals work together to provide comprehensive care.

Talk to us today on how the treatment can be best suited for you. We will be happy to help with doctor referrals and appointments. All the above treatments can be arranged through our 24-hour International Patient Assistance Centre (IPAC) hotline.