



### Visitor's Guidelines

- Visitors, including family members who are not feeling well, or have fever/flu or other infections are not allowed to visit the patient.
- Restrict the number of visitors in the room.
- Patients and family members are advised not to visit other patients in the ward.
- Patients are encouraged to walk around the ward, but should avoid crowded areas.

### Infection Control

- Handwashing is the single most effective way to prevent the spread of infection. Everyone is expected to wash their hands or use handrub before entering and upon leaving the patient's room.
- Visitors may be asked to wear face masks when visiting the patient.

### Food Guidelines

- Wash hands before eating.
- Eat balanced and nutritious diet that is freshly prepared for you. Include high protein foods such as eggs, milk/dairy products, meat/poultry, fish, or nutritious supplement such as **Ensure**, **Resource**, etc. as much as possible each day.
- All uncooked food may carry risk of bacterial contamination. Do consult doctors or nurses before you eat any fresh fruit, raw food, spices and vegetables. Avoid eating pre-cut raw fruits and vegetables from the restaurant or food court.
- Perishable food (Pasteurised products: juices, milk, cheese, etc.) must be eaten within one hour of visit.
- Drinks are considered perishables. Please bring drinks in single serving sizes. Any opened container should be discarded after four hours.

- Drink amount of fluids as recommended by doctors. Fluids include: beverages (fruit juice, milk, water, etc.), ice cream, porridge and soups etc.
- Consult doctor before consuming yoghurts or food containing cultured bacteria.

### Storage of food

- Store food at recommended temperature.
- Food kept in refrigerator must be labelled and dated. Discard expired food.
- Do not clutter refrigerator with too many items as it will affect the temperature.
- Food such as crackers, cookies and cereal (non-perishables) must be brought into the patient's room unopened.
- Non-perishable items should be stored in resealable containers.
- Use small packages to avoid leftovers.
- Avoid overstocking of food items in the room.

## Hygiene Guidelines For Patient

### *Oral Care*

- Rinse mouth frequently, at least four times daily with recommended mouthwashes.
- Brush teeth twice a day with a soft bristle toothbrush. If it becomes too painful or bleeding occurs, use sponge stick in place of toothbrush.
- Keep lip moist with lip moisturiser that contains paraffin.

### *Personal Hygiene*

- Take shower or bath daily.
- Cover central line before showering to keep water off the dressing.
- Apply skin moisturiser to help skin retain its moisture.
- Avoid alcohol-based products to reduce dryness of skin.
- Avoid exposure to direct sunlight.

## Environmental Guidelines

- Fresh or dried flowers and plants are not allowed in the patient's room.
- A family member should regularly wipe and clean patient's personal belongings such as hand phone, toys, etc. with a cloth or paper towel dampened with soap and water.
- To help to keep the room as clean as possible, please minimise the number of personal belongings in the room.
- The corridor along the ward and nurses station are not a play area for children. No running, screaming or yelling is allowed. Children are not allowed to play with hospital equipment such as wheelchairs, trolleys and vital signs monitor.

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

**Gleneagles Hospital**  
6A Napier Road  
Singapore 258500

Tel: +65.6473.7222  
www.gleneagles.com.sg

**Mount Elizabeth Hospital**  
3 Mount Elizabeth  
Singapore 228510

Tel: +65.6737.2666  
www.mountelizabeth.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