

Location



A

Linkway @ Level 1
Via MRT station
(Exit A)

B

Linkway @ Level 1

C

Linkway @ Level 4

Drop off only

Bus Stop

Carpark

Taxi Stand / Drop off

Kent Ridge MRT
Station @ Level 1



5 Lower Kent Ridge Road, Singapore 119074
Tel: (65) 6779 5555 Fax: (65) 6779 5678 Website: www.nuh.com.sg
Company Registration Number: 198500843R

Contact Information

National University Heart Centre, Singapore

1 Main Building of NUH

Opening Hours: 8.30 am - 5.30 pm

(Monday - Friday)

Closed on Weekend

& Public Holidays

Website: www.nuhcs.com.sg

Getting to NUH

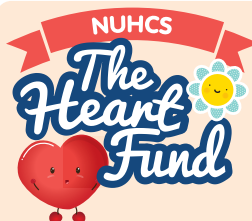
Circle Line Kent Ridge MRT Station

Commuters can transit at the Buona Vista MRT Interchange and alight two stops after at the Kent Ridge Station. The station is served by three exit-entry points.

Exit A: Right at the doorstep of National University Heart Centre, Singapore.

Exit B: Along South Buona Vista Road, which links to Singapore Science Park 1.

Exit C: Leads to NUH Medical Centre.



Every day, we save lives by providing financial relief to needy patients, funding groundbreaking research and giving training to our medical specialists. This is why the support we receive is essential.

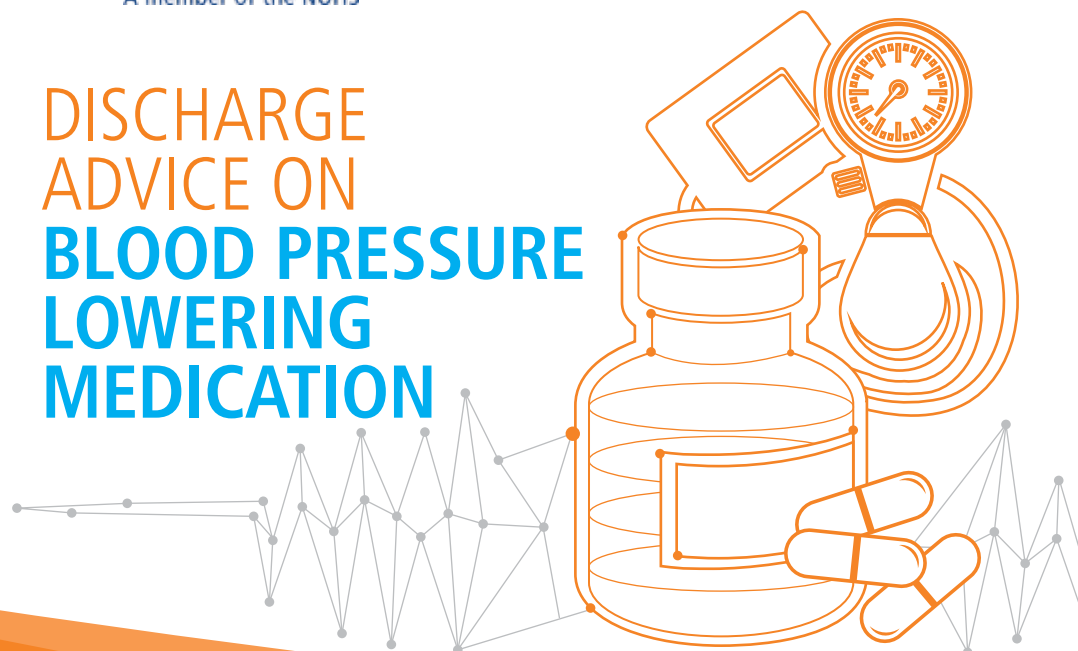
Make a donation and help us continue the fight for every heartbeat!

To make an online donation, log on to <http://www.nuhcs.com.sg/make-a-gift.html>

National University Heart Centre, Singapore

A member of the NUHS

DISCHARGE ADVICE ON BLOOD PRESSURE LOWERING MEDICATION



View patient education videos on NUHCS YouTube page!

STEP 01



Download a FREE QR Reader on your smartphone and scan the QR code.

STEP 02



The QR code will decode instantly. You'll be brought to www.youtube.com/user/NUHCS



Scan the QR code

Information in this brochure is given as a guide only and does not replace medical advice from your doctor. Please seek the advice of your doctor if you have any questions related to the surgery, your health or medical condition. Information is correct at time of printing (Dec 2015) and subject to revision without notice. Copyright© is held by the publisher. All rights reserved. Reproduction in whole or in parts without permission is strictly not allowed.

Please tick the type of medication taken (Please tick where applicable)

- ACE-inhibitors
- Beta blockers
- Calcium antagonists
- Other anti-hypertensives

Please specify the name of medication:

Please specify the dosage: (How many pills, unit, drops, puffs? Example: 1 pill)

Please specify the frequency: (How many times a day? Morning and/or night? After or with meals? Example 1x day, morning)

Reason(s) for consuming blood pressure lowering medication:
(Please tick where applicable)

- High blood pressure
- Chest pain
- Irregular heartbeats
- Heart attacks

Possible side effects

-  Cold hands and feet
-  Diarrhoea
-  Excessive tiredness
-  Light headedness
-  Slow heart rate
-  Upset stomach

 **Important to seek medical advice if the above side effects appear**

Precautions when taking blood pressure lowering medication. Inform doctor when:

- 1 You are pregnant or intend to get pregnant
- 2 You are breastfeeding
- 3 You have other medical conditions and are taking medications for the conditions
- 4 You consult a doctor for other illnesses as some drugs will have interaction with blood pressure lowering medication

Importance of taking medication as prescribed

- Never stop taking the medicine even if you feel better. It helps to lower your blood pressure and keeps it under control, which will in turn help to prevent other complications like stroke and heart attack
- Take your medication at the same time each day

Importance of keeping to doctor's appointments