



Patient and Family Information

DENGUE OUTPATIENT MANAGEMENT (DOM)



Outpatient Procedure Centre/OPAT NUH Medical Centre, Level 3

Operating hours:

Mon to Fri : 8.30am to 5.30pm
Sat, Sun & PH: 8.30am to 12.30pm

Contact details:

(65) 6772 8600 (8.30am to 5.30pm)
(65) 9722 0564 (Emergency)
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The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

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Dengue Fever

Dengue fever is an illness caused by an infection with a virus transmitted by the Aedes mosquito. The mosquito bites a dengue-infected person and transmits the virus to other people they bite. Dengue fever is not contagious; it does not spread directly from person to person.

Signs and symptoms

The signs and symptoms of dengue fever usually develop within four to seven days after being bitten by an infected mosquito.

Dengue fever occurs when you experience fever and two of the following symptoms:

- Diarrhoea
- Fatigue
- Mild bleeding such as nosebleed and bleeding gums
- Muscle ache and/or bone ache
- Nausea/vomiting
- Rash
- Severe eye pain
- Severe headache

Warning signs

Please visit the nearest Emergency Medicine Department if you experience any of the following:

- Black, tarry stools
- Bleeding from your nose or gums
- Difficulty breathing
- Drowsiness or irritability
- Pale, cold or clammy skin
- Persistent vomiting
- Severe abdominal pain
- Vomiting blood or passing out blood in urine/faeces

Treatment

There is no specific treatment for dengue fever.

Monitoring of the signs and symptoms are important in managing dengue fever.

In severe cases, you may require hospitalisation and intravenous treatment with fluid and electrolyte replacement or blood transfusions.

Home care advice

- Avoid painkillers that contain aspirin and non-steroidal anti-inflammatory drugs (e.g. Ibuprofen, Diclofenac, Naproxen or Mefenamic Acid)
- Avoid contact sport to prevent injuries that can lead to bleeding
- Drink plenty of water (at least two to three litres of water per day)
- Get ample rest
- Protect your family from mosquito bites (e.g. check and remove stagnant water in your home, and use mosquito nets and/or mosquito repellents)
- Seek immediate medical advice if you experience signs of dengue fever
- Be compliant with the medical follow-up appointments and advice

Dengue Outpatient Management (DOM)

- Visit to the DOM is strictly by appointment only
- Doctor will examine you on the first visit, followed with some blood tests
- Blood tests results will be ready within the next 2 – 4 hours which will then determine the frequency of your subsequent follow-up visits
- You will be discharged when there is an improvement in your clinical status and if you do not have fever for the past 48 hours