

Can Jaundice Be Prevented?

Since there are many causes for jaundice, there are no specific prevention guidelines.

The following are some helpful tips you can refer to:

1



Get vaccinations against Hepatitis A and B viruses to reduce your risk of hepatitis.

2



Keep your weight and cholesterol levels healthy.

3



Drink in moderation and avoid alcohol if you have a family history of hepatitis or liver conditions.

Clinic 4B
TTSH Medical Centre, Level 4
Contact:
6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHHealth-Library>

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Department of
**GASTROENTEROLOGY &
HEPATOLOGY**

Jaundice



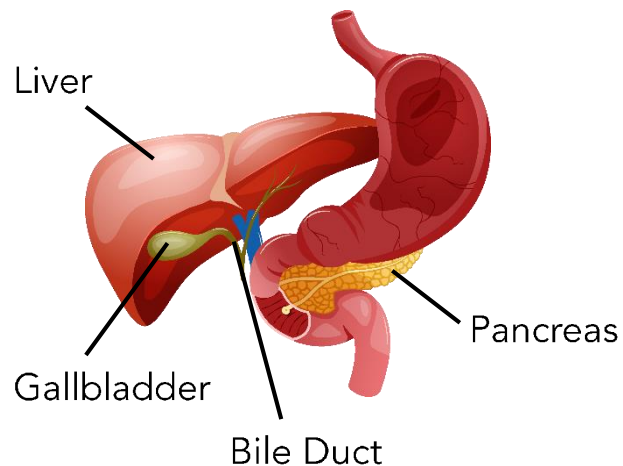
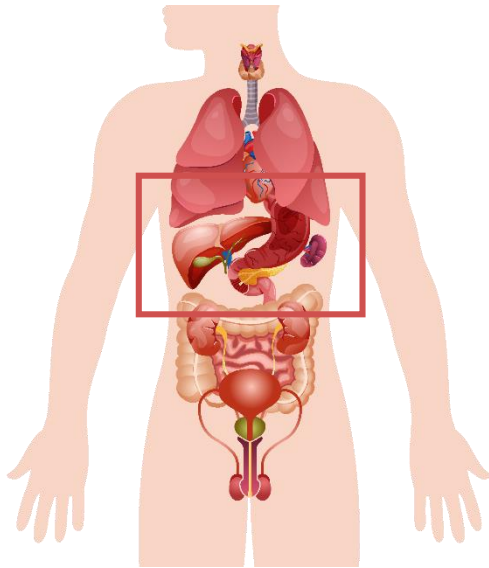
What Is Jaundice?

Jaundice is a medical condition where the colour of your skin or the whites of your eye turn yellow.

This happens when you have too much of a substance called "bilirubin" in your blood.

What Causes Jaundice?

Jaundice is often caused by a disease in the liver, bile duct, gallbladder or pancreas.



Here are some diseases/factors related to the liver, bile duct, gallbladder or pancreas that can lead to Jaundice:



- 1) **Gallstones** which are small stones that form inside the gallbladder and can block the bile duct



- 2) **Liver infections** from viruses such as Hepatitis A, and chronic Hepatitis B and C



- 3) **Cancers** such as gallbladder or pancreatic cancer can result in jaundice



- 4) **Gilbert syndrome**, which is a common liver condition that is hereditary (runs in families), can sometimes result in jaundice when a person is under stress, takes certain medicines, or has an infection



- 5) **Consuming certain drugs** (medicines, herbal supplements or illegal drugs) can cause liver damage



- 6) **Heavy alcohol use** can cause liver damage

What Are The Symptoms of Jaundice?

- Yellowing of the skin and the whites of the eyes
- Pale coloured stools (feces)
- Dark coloured urine
- Itchiness

How Is Jaundice Diagnosed?

Jaundice can be diagnosed/identified from your symptoms, medical history, physical examination and the results of tests.

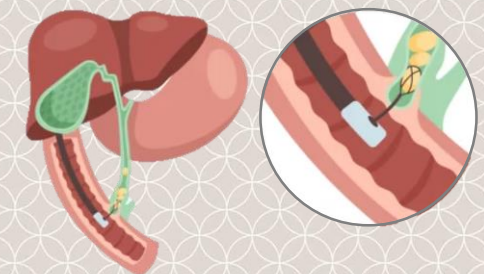
Common tests include:

- 1) **Bilirubin tests** which measure the level of bilirubin in your blood
- 2) **Blood tests for hepatitis**
- 3) **Ultrasound/CT scans** which allow your physician to assess how healthy your liver, gallbladder and pancreas are
- 4) **Magnetic resonance cholangiopancreatography (MRCP)** which allows your physician to assess how healthy your bile duct is

What Treatment Options Are Available?

Depending on the cause of jaundice, some available treatments could include:

- 1) **Surgery** to remove the gallbladder
- 2) **Endoscopic Retrograde Cholangiopancreatography (ERCP)** which is a procedure where your doctor will insert a flexible tube down your throat to remove the gallstones in your bile duct



ERCP is a procedure that can be used to remove gallstones from the bile duct.