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Contact:

Doctor: ,

Patient Name: _____

Date: November 20, 2025

Rx:

Naproxen - Dosage: 250 mg, Frequency: twice daily

Notes: Take with food to avoid gastrointestinal irritation; avoid taking on an empty stomach.

Melatonin - Dosage: Not specified, Frequency: once daily at bedtime

Notes: For insomnia; take shortly before going to bed.

Paracetamol (Acetaminophen) - Dosage: 200 mg, Frequency: every 6 hours as needed

Notes: For pain relief; do not exceed recommended maximum daily dose.

Signature: _____