

HEALTHCARE MEDICAL CENTER

Dr. Robert Williams, M.D.

Endocrinologist

Medical License: ML-12345

123 Medical Plaza, Healthcare City

Phone: 555-0123

Date: February 5, 2024

Time: 11:15 AM

PATIENT INFORMATION:

Name : Sarah Anderson

Age : 42 years

Gender : Female

Blood Group : A+

Patient ID : AND002

Weight : 68 kg

PRESCRIPTION:

Rx

1. Jardiance 10mg Tablets

Sig: Take one tablet once daily in the morning

Disp: #30 tablets

Refills: 2

2. Metformin 500mg Tablets

Sig: Take one tablet twice daily with meals

Disp: #60 tablets

Refills: 2

VITALS:

Blood Pressure : 126/82 mmHg

Fasting Blood Glucose : 142 mg/dL

HbA1c : 7.2%

SPECIAL INSTRUCTIONS:

- Follow low-carb diet plan
- Monitor blood glucose levels daily
- 30 minutes of moderate exercise 5 days a week
- Track food intake and glucose readings
- Report any unusual symptoms

Next Appointment: March 5, 2024

---

Digitally Signed by

Dr. Robert Williams

Endocrinologist

ML-12345