

**GSM Medical Center**  
**Muaded Almazrouei Bldg -**  
**1st floor - Al Satwa Rd - near**  
**Satwa Roundabout - Al Satwa**  
**- Dubai**  
**Tel: 04-8831002,04-8831003**  
**Fax: 048831004**



Patient Name	:	Angela Espinoza	AGE	:	36
Address	:	--	Mobill e	:	97155886/389
Medical Record #	:	--			--
Principal Diagnosis	:	K21.9 - GASTRO-ESOPHAGEAL REFLUX DISEASE WITHOUT ESOPHAGITIS			--
Secondary Diagnosis	:	K29.00 - Acute gastritis without bleeding,R11.10 - Vomiting, unspecified,R42 - Dizziness and giddiness			--
Unlimited Storage	:	known hypertension, history of amenorrhea since 2months			--
Live Meeting	:	--			--

GENERIC/DOSE/FORM	STRENGTH	INSTRUCTIONS	QUANTITY	ROUTE OF ADMIN
tab Dexilant	60MG	DAILY ONCE (ONETAB) 30 MINS BEFORE BREAKFAST	30	ORAL
tab Buscopan	10MG	1 TAB , TWO TIMES PER DAY FOR 3 DAYS	6	ORAL
tab Mefex	500MG	1 TAB , TWO TIMES PER DAY FOR 3 DAYS	6	ORAL
tab dompy	10MG	2 TIMES PER DAY BEFORE MEAL FOR 2 DAYS	4	ORAL
gaviscon syrup	--	2 TIMES DAILY FOR 3 DAYS	1	ORAL
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Doctor Name

License Number

Date

Signature &amp; Stamp

DR.DIVYA

77225642

06/05/2023

Dr. Divya Naik Lavouri  
 GENERAL PRACTITIONER  
 DHA LIC. NO.: 77225642-003  
 GSM MEDICAL CENTER L.L.C  
 Muaded Almazrouei Bldg 1st floor Al Satwa  
 Dubai - U.A.E.  
 TEL: 04-8831002 & 04-8831003

**Dr. Divya Naik Lavouri**  
**GENERAL PRACTITIONER**  
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**Dubai - U.A.E.**  
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GSM MEDICAL CENTER  
DIP 1, GREEN COMMUNITY, EUROPEAN  
BUSSINESS CENTER  
GROUND FLOOR SHOP NO: 29  
Tel: 04-8831002, 04-8831003 Fax:  
048831004



Date : 05-Jun-2023

## CERTIFICATE

Name : Angela Ezpinoza

Age : 25-Nov-1984

Company :

Telephone # : 0558867389

Insurance : Cash

No : A00001

This is to certify that the above named patient is suffering from **acute gastritis with abdominal pain and discomfort and nausea and vomiting** and she is getting treatment since **06-Jun-2023** She is not fit for work and advised to take rest for **1 day** with effect from **06-Jun-2023**

Sincerely Yours,

DR.DIVYA

Dr. Divya Naik Lavouri  
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Diet

## GERD Diet – General Guidelines

- Stop smoking and chewing tobacco.
- Discuss your weight with your doctor. Lose weight if you are overweight.
- Do not overeat. Eat small portions at meals and snacks.
- Avoid tight clothing, tight-fitting belts. Do not lie down or bend over within the first 15-30 minutes after eating.
- Do not chew gum or suck on hard candy. Swallowing air with chewing gum and sucking on hard candy can cause belching and reflux.
- Use bricks or wood blocks to raise the head of your bed 6-8 inches.
- ✗ **Do not eat/drink:** Chocolate, tomatoes, tomato sauces, oranges, pineapple and grapefruit, mint, coffee, alcohol, carbonated beverages, and black pepper.
- Eat a low-fat diet. Fatty, greasy foods cause your stomach to produce more acid.

## GERD-Friendly Diet Recommendations

	Choose these foods / beverages ✓	Do not eat these foods / ✗ beverages
<b>Fruits/juices</b>	Most fruits and fruit juices such as apple, grape, cranberry, banana, pears, etc.	Citrus fruits: oranges, grapefruit
<b>Soups</b>	Low-fat and fat-free soups such as clear broth based soups*.	Regular cream soups, other high fat soups*.
<b>Beverages</b>	Decaffeinated tea, herbal tea (not mint), Kool-Aid, water, juices (except orange, grapefruit and pineapple).	Coffee (regular and decaffeinated), alcohol, carbonated beverages.
<b>Sweets and deserts</b>	Fruit ices, gelatin, popsicles, ice milks and frozen low-fat yogurt, low fat cookies and cakes (less than 3 g fat per serving).	Chocolate and high fat deserts.
<b>Vegetables</b>	All steamed, roasted, stir-fried (with little oil) vegetables.	Fried, creamed vegetables.
<b>Milk and dairy products</b>	Skim or 1% milk, lowfat yogurt, or cheeses (<3 g fat per oz).	Whole and 2% milk, whole milk yogurt and cheeses. Chocolate milk and hot chocolate.
<b>Bread, cereals and grain products</b>	Low-fat	Made with whole milk or cream.
<b>Meat, Chicken, Fish, and meat substitutes (nuts, tofu, etc)</b>	Low-fat meats with the fat trimmed before cooking, skinless poultry. Baked, broiled, poached roasted, without added fat.	Sausage, bacon, fried meats and chicken, salami, bologna and other high fat meats (> 3 g per ounce). Chicken skin and meats with visible fat left on.
<b>Oils, butter, margarine</b>	None, or small amounts.	Animal or vegetable fats.

\* Fat can be skimmed from the top of soups and stews when they are hot or cold.