

**Dr. Anmol Rattan Kath**

MBBS, MS (Otorhinolaryngology), Fellowship (Head and Neck Surgery)

Consultant, Head and Neck Surgery

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PMC No. 46528

HealthSync Hospital

Ludhiana, Punjab, India

Tel: +91-161-XXXXXXX

Email: info@healthsync.com

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Emergency: +91-161-XXXXXXX

Patient Name: Anmol Mishra

UHID: 2105561

Age/Sex: 21/M

Chief Complaints: Excessive sneezing x 1 year

Aggravating factor: Change in weather

Present Illness: No h/o nasal block/bleed

Family History: Mother has allergic rhinitis

Surgical History: No

Examination: Nasal mucosa mild congested, Throat-granular pharyngitis

Clinical Impression: Allergic rhinitis with granular pharyngitis

Advice

S.No.	Medicine Name	Dosage	Details
1	Fluticasone Nasal Spray	2 sprays BD	Use twice daily, morning and evening.
2	Cetirizine Tablets	10mg OD	Take once daily in the morning.
3	Montelukast Tablets	10mg HS	Take at bedtime.
4	Saline Nasal Drops	2 drops in each nostril TID	Use three times a day.
5	Paracetamol Tablets	500mg QID PRN	Take as needed for pain or fever, up to four times a day.
6	Ibuprofen Tablets	400mg TID PRN	Take three times a day as needed for pain.
7	Amoxicillin Capsules	500mg TID	Take three times a day for 7 days.
8	Clarithromycin Tablets	250mg BD	Take twice a day for 7 days.
9	Prednisone Tablets	10mg OD	Take once daily in the morning

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			for 5 days, then taper as directed.
10	Albuterol Inhaler	2 puffs QID PRN	Use as needed for shortness of breath or wheezing.
11	Loratadine Tablets	10mg OD	Take once daily.
12	Diphenhydramine Capsules	25mg TID PRN	Take as needed for allergies or sleep.
13	Guaifenesin Syrup	10ml QID	Take four times a day with plenty of fluids.
14	Dextromethorphan Syrup	15ml QID PRN	Take as needed for cough.
15	Omeprazole Capsules	20mg OD	Take once daily in the morning before food.

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Previous Reports/Consultations

Consultation on 2024-12-15:

Mild congestion, advised saline nasal spray.

Follow-up appointment on 2025-01-10:

Symptoms improved, continue current treatment.

Patient seen on 2025-02-05:

New complaint of ear pain, prescribed ear drops.

Discussed allergy management plan on 2025-03-01:

Recommended environmental control measures.

Annual check-up on 2025-04-15:

General health good, advised healthy lifestyle.

Patient reported persistent cough on 2025-05-20:

Chest X-ray ordered.

X-ray results reviewed on 2025-05-25:

No significant findings, cough medication prescribed.

Follow-up for cough on 2025-06-10:

Cough improving, continue medication.

Patient seen for routine check-up on 2025-07-01:

Allergic symptoms well controlled.

Discussed travel plans on 2025-08-10:

Provided travel health advice.

Patient reported seasonal allergies on 2025-09-05:

Adjusted allergy medication.

Follow-up for allergies on 2025-10-01:

Symptoms responding well to treatment.

Patient seen for flu vaccination on 2025-11-15:

Vaccine administered.

Discussed stress management techniques on 2025-12-20:

Recommended relaxation exercises.

Patient reported occasional headaches on 2026-01-10:

Advised over-the-counter pain relief.

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