



## Consultation Summary

Name: **Gowtham Murugesan**

Consultation Date: **3 Nov 2025**

Age: **32 Yrs**

Consultation Type: **Virtual**

Gender: **Male**

Consultation ID: **YE6CFJSPYCH4E**

### **Doctor Notes:**

Diagnosis: Viral upper respiratory infection with gastritis / acidity due to paracetamol

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#### 1 Medications

a. Tab. Pantoprazole 40 mg

Once daily before breakfast × 5 days

(Reduces acid and protects stomach lining.)

\*\*b. Digene Gel / Tablet

2 teaspoons (10 mL) or 1 tablet after meals & at bedtime × 5 days

(Quick relief from acidity, burning, and stomach pain.)

c. Tab. Levocetirizine 5 mg (Levocabet / LCZ / Cetirizine 10 mg)

At night × 5 days for cold, sneezing, and throat irritation

d. Syp. Grilinctus BM

5 mL thrice daily after food × 5 days

(Relieves cough and chest congestion)

e. Tab. Paracetamol 650 mg

Only if fever >100°F — 1 tab every 6 hours as needed

f. Cap. Bifilac / Econorm

Once daily × 5 days

(Restores healthy gut flora and eases stomach upset.)

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#### 2 Home & Dietary Care

Drink plenty of fluids, soups, and ORS/coconut water.

Avoid spicy, fried, or acidic foods for 4–5 days.

Prefer soft meals (rice, curd, oats, khichdi).

Rest well and monitor temperature every 6–8 hours.

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#### 3 to see doctor if :

Fever >3 days

Worsening cough or yellow sputum

Persistent or increasing stomach pain

If you have any questions, please feel free to call us at +91 91118 91118 or email us at [wellness@connectandheal.com](mailto:wellness@connectandheal.com)  
 This prescription is invalid post the duration of medicines as prescribed.

Disclaimer: This Prescription is based on Patient choosing to participate in a Tele Consultation to other alternatives of Medical Consultations. Patient is informed to keep cognizance of the limiting factors of Tele Consultation in the absence of direct physical examination. Patient should use this Prescription only on the condition of waiving all or any claims on account of using this Prescription.



## Consultation Summary

**Dr. Vijaykumar Hullikashi**  
 General Physician  
 VCUS Health Care Center, East  
 Park Road, Malleshwaram,  
 Bengaluru, Karnataka

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Vomiting or black stools



**Dr. Vijaykumar Hullikashi**  
 MBBS  
 Registration No.: 146138

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