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mfine Healthcare
Hi-Tech City, Whitefields, Kondapur,
Telangana 500081, Whitefields, Kondapur,
Whitefields, Hyderabad
Hyderabad, Telangana 500081

Name: Roohie Tasleem

Date: 08 Dec 2021

Age/Gender: 23 years/Female

Dr. B Sudarsi (Physician)

Chief Complaints

Chest pain since 1 day

Doctor's Notes

Retrosternal pain, relieved by taking deep breathing, 3 times in this week, associated with dyspnoea

Diagnosis

- Chest pain (suspected)

Diagnostic Test

- Ecg (Immediate)
- Complete Blood Count (Immediate)
- Thyroid Profile (Immediate)

Prescription

Sl.	Medicine Name	Dosage	Freq.	Duration	Instructions
1.	PANTOP 40MG TAB	1 tab	1-0-0	2 weeks	Before Food
2.	SUCRAL-O ORAL SUSP oxetacaine 20mg, sucralfate 1g	3 ml	1-1-1	7 days	Before Food
3.	CYCLOPAM TAB paracetamol 500mg, dicyclomine hydrochloride 20mg	1 tab	1-0-1	3 days	After Food
4.	CYCLOPAM TAB paracetamol 500mg, dicyclomine hydrochloride 20mg	1 tab	1-0-1	3 days	After Food

Disclaimer: The prescription has been issued based on your inputs during chat/call with the doctor. In case of emergency please visit a nearby hospital.



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Dr. B Sudarsi (Physician)

General Advice

- Avoid spicy foods, take food at regular intervals. In case of emergency consult near by physician

Follow up after 10 Days (on 18th Dec 2021).

Dr. B Sudarsi

MBBS, MD (General Medicine)

Registration No: 42811

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Approved Substitute Medicines

If a prescribed medicine is not available then you can take one of the doctor approved substitutes from the list below

Sl.No	Prescribed Medicines	Approved Substitutes	
1	CYCLOPAM TAB	BARALGAN-NU TAB OR SPASMO-FLEXON TAB OR CLOMINDON TAB	Warning: Take ONLY ONE of the substitute medicines if CYCLOPAM TAB is not available
2	CYCLOPAM TAB	BARALGAN-NU TAB OR SPASMO-FLEXON TAB OR CLOMINDON TAB	Warning: Take ONLY ONE of the substitute medicines if CYCLOPAM TAB is not available

Dr. B Sudarsi

MBBS, MD (General Medicine)

Registration No: 42811

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COVID Self-Care at Home



Monitor these Vitals



Blood Pressure

120/80 mmHg (+/- 10)

normal



Pulse Rate

60 - 100 bpm

normal



Temperature

98.6° F or 37° C (+/- 2 °)

normal



Oxygen saturation (SpO2)

SpO2 level > 94%

normal

① Ensure hands aren't cold, and remove nail paint when checking SpO2

② 6 minute walk test: Walk for 6 min and check saturation, a drop > 5% is significant

With the MFine app, use your smartphone to check your SpO2 levels.



Home care routine



High liquid intake of 3-4 lit/day



Prioritize good rest



Deep breathing exercises



Prone to relieve breathing discomfort



Have a high protein diet



Take vitamin and zinc supplements



Take medicines for fever, headache, body aches, cough & diarrhoea



MFine's Expert 14 day Plan for Stay-at-home recovery

Get unlimited consultations with expert physicians and pulmonologists using MFine app. Follow-up with dedicated specialists.

When you should go to the hospital?



SpO2 below 90% (<90 after 6 min walk test)



Increased chest pain and tightness



Breathing difficulties and palpitations



Constant severe cough



Fever more than 7 days with extreme weakness