

000000000 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

SI.	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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Dr. B Sudarsi (Physician)

Approved Substitute Medicines

If a prescribed medicine is not avaiable 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)

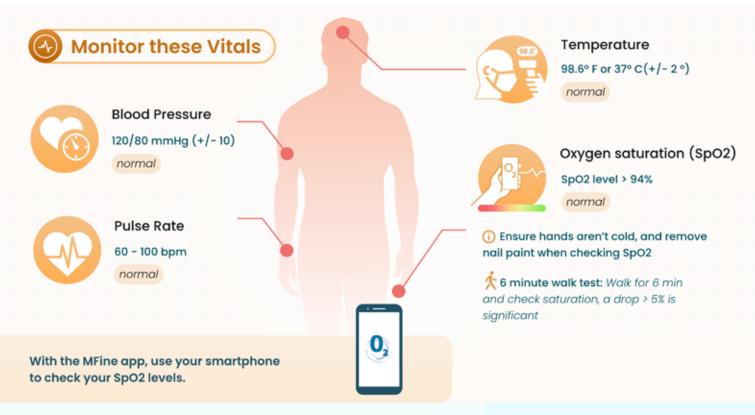
Registration No: 42811

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COVID Self-Care at Home









High liquid intake of 3-4 lit/day



Prioritize good rest



Deep breathing



Proning to relieve breathing discomfort



Have a high protein diet

Take medicines for fever,



Take vitamin and zinc supplements



for Stay-at-home recovery Get unlimited consultations with expert physicians and pulmonologists

MFine's Expert 14 day Plan



using MFine app. Follow-up with dedicated specialists.

headache, body aches, cough & diarrhoea

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



When you should go to the hospital?

Increased chest pain and tightness



Breathing difficulties and palpitations



Constant severe cough



Fever more than 7 days with extreme weakness