

Health Check - Doctor's Prescription

Patient Name : R. Pavithra

Age / Gender : 21 / Female

Date : 16-06-2025

Diagnosis / Symptoms:

- General fatigue
- Mild headache
- Irregular sleep patterns
- Loss of appetite

Prescribed Tests:

1. Complete Blood Count (CBC)
2. Blood Sugar (Fasting and Postprandial)
3. Liver Function Test (LFT)
4. Kidney Function Test (KFT)
5. Thyroid Profile (T3, T4, TSH)
6. Urine Routine Test

Advice:

- Drink plenty of water
- Get adequate sleep (7-8 hours per day)
- Avoid junk food, consume a balanced diet
- Moderate physical activity (30 mins daily)

Doctor's Name : Dr. S. Kumar

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Signature : _____