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Diabetes
Management
Program
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print

Date :09-Sep-2022

Muhammad Rafi, 22 , Male

5'6", 60kgs

<Physical examination and Symptoms>

Diagnosis:<Arthritis>**BP:**<120/70>**Pulse:**<60>**SPO2:**<99%>**Fasting BS.:**<170>**Random BS.:**<200>**HbA1c:**<6.7>**Creatinine:**<2.1>**Urine MACR:**<2001.3>**BUN:**<45.5>**Vit D3:**<70>**Vit B12:**<500>**Uric acid :**<5.2>**SGOT:**<30.5>**SGPT:**<30.5>**Investigations:**

<Artificial urinary s>

Sl. No	Medicine	Dosage	Time of the day	Continue till
1	3-EFA Softgel Capsul	100	Before bre	7 day
2	Arkamin Tablet 30s	222	Before bre	1 month
3	Ajadoo Tablet 10/5 M	2	Empty stom	12 day
4	AFOGLIP TAB 20MG 10S	500	After brea	7 day
5	Ajadoo Tablet 10/5 M	222	After breakfast	12 day

Advice:

- <Lifestyle modification>

Review/ Next Visit Date:<7 Day >**Referral:**Ophthalmologist**Note:** Inform SOS in case of Hypoglycaemia (low sugar attack, blood glucose < 70 mg/dl)

Risk situation explained

- Delay between two meals
- Presence of CKD

- Unaccustomed exercise
- Taking anti-diabetic medicines or insulin in case of vomiting and loose motion

Risk Symptoms: Palpitations, trembling, dizziness, slurring of speech, weakness, altered behaviour, altered sensorium, if uncorrected progresses to coma

Management: If possible, check blood sugar immediately. If blood sugar < 80 mg/ dl, then give 4 tea spoons of glucose in a glass of water or by teaspoon in a sitting posture. In case, glucose is not available, sugar or sweet or toffee can be used. Check blood sugar every 10 mins till it is > 100 mg/ dl. Inform SOS to treating doctor and get the prescription reviewed.

Side Effects:

1. Metformin:

- To assess Vit B12 regularly as levels can be impacted
- It causes excessive gas formation, flatulence, abdominal discomfort, nausea and vomiting

2. Glimepiride/ Gliclazide:

- May cause hypoglycaemia

3. SGLT2 inhibitor (Empagliflozin, Dapagliflozin, Canagliflozin)

- To watch for dysuria (burning urination), itching, white creamy discharge along penis, vagina with or without fever. Patient to inform the doctor immediately. To stop the medicine and undergo a urine routine and urine culture test.
- To be started only if there are no symptoms of UTI and vulvovaginitis. If possible, get a urine routine and urine culture test done and a gynaecologist consultation before starting this medicine