

Dr. Sparch Jaiswal

MBBS

Registration Number:

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Name: Gaurav New

Date: 16/12/2021

Mobile Number : +91-9836232323

Patient ID: ADH/2021/0009

Address : --

Age: 0 d **Gender:** m **Height:** 172 cm **Weight:** 63 kg

RELEVANT HISTORY

Allergies: --

Comorbidities: --

Chief Complaints:

General Examination:

Diagnosis : Tiredness

Rx

S.No.	Medicines	Dosage	Quantity	Frequency	Time-Duration
1.	(TABLET) HYDREA Hydroxyurea Note: Don't eat for 30 minutes after taking this medication	2 MG	1	Once a day	After Lunch 5 day(s)
2.	(TABLET) VERZENIO Abemaciclib Note: Don't eat for 30 minutes after taking this medication	2 MG	1	Once a day	After Lunch 5 day(s)
3.	(TABLET) REOPRO Abciximab Note: Take after eating something	5 ML	1	Once a day	Before Lunch 6 day(s)
4.	(SYRUP) TAB FRESHTA Doxylamine Note: -	1 ML	-	Twice a day	After Breakfast, After Lunch 7 day(s)
5.	(CAPSULE) VEBALONE (150 MG) Ibandronate Note: -	1 MG	1	Once a day	After Breakfast Long term day(s)

Suggested Investigation :

ULTRASOUND-BETA SCAN/ U/S ORBITAL(Radiology) on 23/12/2021

Review After: 2 weeks

4th January 2022, 10:25 am

RMPs Signature & Stamp

ADVICE

DIET

S.No.	Diet Name	Time	Details	Duration
1.	Test Diet	Immediately After Wakeup (02:30 AM)	1x 0.5 Cup Banana	1 week
		Breakfast (03:30 AM)	2x 4 Cup Watermelon	
		Repeat Days -	Sun, Mon	
		What Not to Do -	--	
		Total Calories -	1000 Cal	
2.	Test Diet	Immediately After Wakeup (02:30 AM)	1x 0.5 Cup Banana	1 week
		Breakfast (03:30 AM)	2x 4 Cup Watermelon	
		Repeat Days -	Sun, Mon	
		What Not to Do -	--	
		Total Calories -	1000 Cal	

WORKOUT

S.No.	Workout Name	Time	Details	Duration
1.	Test Workout	06:16 PM	1 set x 1 repetitions Push Ups 2 set x 1 repetitions Pull Ups 1 set x 1 steps Plank Repeat Days - Sun,Mon What Not to Do - -- Total Calories - 700 Cal	1 week
2.	Test Workout	01:16 PM	1 set x 1 repetitions Push Ups 2 set x 1 repetitions Pull Ups Repeat Days - Sun,Mon What Not to Do - -- Total Calories - 300 Cal	1 week

Note: This prescription is generated on the AdhereLive platform.