



Patient Name : Akshayaa Nagargoje

Registration date/time : 15 Feb '25, 12:30 PM

Patient Age/Gender : 0 d/m

Patient ID : ADH/2025/0006

Patient Mobile No. : +91-0010150599

Doctor Name: Dr. Sparch Jaiswal

Patient Address:

Allergies:

Comorbidities :

Diagnosis : test dignosis

Symptoms : Abdominal Distension (Generalised,Head) for 1 Day



General | Systematic Examination :test clinics

Treatment And Follow-up Advice:

test followups

Height : cm

Weight : kg


S.No	Name of Medicine	Do se	Qty	Medicine Schedule			Start Date / Duration
				Morning	Afternoon	Night	
1	SYRUP	DOLO 650 TAB PARACETAMOL 2 MG by Dr. Sparch Jaiswal Note: - Don't eat for 30 minutes after taking this medication	2 MG	1	 After Lunch		From February 15, 2025 for 6 day(s)
2	SYRUP	B-PRED-4MG TAB METHYLPREDISOLONE 5 ML by Dr. Sparch Jaiswal Note: - Take after eating something	5 ML	1	 Before Lunch		From February 15, 2025 for 7 day(s)

Investigation :

S. No	Description	Date	Purpose
1	Blood Test by Dr. Sparch Jaiswal Note:- We will do a checkup in the morning of the Surgery	05 Mar '25	Surgery
2	Blood Test by Dr. Sparch Jaiswal Note:- Please fast for 12 hours before the test	01 Mar '25	Checking of Vitals
3	Blood test by Dr. Sparch Jaiswal Note:-	16 Feb '25	test

Next Consultation :

S. No	Description	Date	Purpose
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 AdhereLive - Doctor's Signature

15th February 2025,  
12:32 pm

SIGNATURE & STAMP

Reg.No. , New Delhi

**Note:**  
This prescription is generated on the AdhereLive platform. To access your digital prescription download the mobile app using the QR code at the top. Please write to "customersupport@adhere.live" for any technical assistance.  
यह प्रिस्क्रिप्शन AdhereLive प्लेटफॉर्म पर तैयार किया गया है। अपने डिजिटल प्रिस्क्रिप्शन देखने के लिए ऊपर दिए गए QR कोड का उपयोग करके मोबाइल ऐप डाउनलोड करें। कृपया किसी तकनीकी सहायता के लिए "customersupport@adhere.live" पर लिखें।

Lifestyle Advice

Diet :				
S. No	Diet Name	Time and details		Duration
1	Test Diet	Immediately After Wakeup  Breakfast  Repeat Days – Sun, Mon, What Not to Do – Total Calories – 1000	Banana Instructions:  Watermelon Instructions:	1 week
Workout :				
S. No	Workout Name	Time	Details	Duration
1	Test Workout	12:03 PM	set x 1 repetitions Push Ups set x 1 repetitions Pull Ups Repeat Days – Sun, Mon, What Not to Do – Total Calories – 200 Cal	1 week