

# **Sample Prescriptions (For Reference)**

## **Sample prescription - Upper respiratory infection**

Patient: Adult. Diagnosis: Viral URTI. Rx: Paracetamol 500 mg 1-2 tablets 3 times daily after food for 3-5 days. Cetirizine 10 mg once at night for 5 days. Steam inhalation twice daily. Rest and adequate fluids. Review if fever persists beyond 3 days or breathing difficulty.

## **Sample prescription - Hypertension**

Patient: Adult. Diagnosis: Essential hypertension. Rx: Tab Amlodipine 5 mg once daily in the morning. Tab Telmisartan 40 mg once daily. Low salt diet, regular exercise, weight reduction if overweight. Check BP after 2 weeks and report. Avoid sudden stoppage of medicines.

## **Sample prescription - Type 2 Diabetes**

Patient: Adult. Diagnosis: Type 2 DM. Rx: Tab Metformin 500 mg with breakfast and dinner, increase to 1000 mg after 1 week if tolerated. Diet: low sugar, controlled carbs, small frequent meals. Daily walk 30 min. Fasting and PP blood sugar after 2 weeks; HbA1c after 3 months.

## **Sample prescription - Gastritis**

Patient: Adult. Diagnosis: Acute gastritis. Rx: Tab Pantoprazole 40 mg once in morning empty stomach for 2 weeks. Tab Domperidone 10 mg 3 times daily before meals for 5 days. Avoid NSAIDs, alcohol, spicy food. Small frequent meals. Review if pain or vomiting persists.