

General Medical Inquiries

Q: I am experiencing sore throat and itching in throat and it's my 7th week of pregnancy. Can I take jushanda or flu relief tablets?

A: You can take.

Q: Since today morning I am having flu with runny nose & a mild headache. Which medicine will you suggest me? I am in the 2nd week of my 6th month of pregnancy.

A: Tab panadol extend ik subah sham for 5days

Tab fexet ik roznana for 5days

Tab azomax 500mg ik roznana for 5days

Q: The medicine you told me I am taking them. But also have very bad cough. Which cough syrup do you suggest me?

A: Syp coferb plus ik spoon subah dopahar sham for 5days

Q: I am feeling heart burning also having problem with my digestion as I am feeling pain in my stomach often please suggest accordingly.

A: Tab famot 40mg ik roznana for 10 days for heart burn

Q: Aoa. Dr I am having migraine. Can you suggest any painkillers or injection?

A: Tab panadol

Q: Doctor dicloran injection nahi lagwa sakti?

A: No

Q: Aoa can I take any medicine to relieve full body pain like muscles pain? I feel like I am gonna have fever.

A: Tab panadol extend ik subah sham for 5days

Q: Mujy chest pain ho ra ha or pani type aa ra haai chest sy. Nipple sy pani aa ra haai.

A:

Q: Kal sy muji constipation thaa or aaj suba motion hovy blood aa ra ha us main.. ye normal hai kia???

A:

Q: Assalam o Alaikum. I am feeling dizziness & having very bad heart burning & acidity at night.

A: Tab famot 40mg ik roznana for 10 days for heart burn

Pregnancy-Related Inquiries

Q: It's almost 18 weeks and I don't feel any movement of the baby at all. Is this normal or should I come in for a checkup?

A: When was your last visit to me? If more than one month then visit.

Q: I am having itching very little swelling and white discharge that seems to be stuck to the vaginal opening and this has happened to me for the very first time ever. Can you suggest me something to prevent it at home. Should I use some anti allergic cream under-legs?

A: Place tab cannestin 0.5 g vaginally

Q: I can't feel any better doctor. The burning is almost the same. I inserted the tablet around 1pm. Should I wait or come in for a check up?

A: Can u send me ur last prescription. Wait till tomorrow. If no relief then visit me tomorrow.

Q: From yesterday my infection is getting better but I have to started to get a lot of watery discharge specially in the morning which is yellowish green in color. Is this normal and after effect of the medicine or something of concern?

A: It's may be duty that med. If no relief then visit me today in evening.

Q: After a few days of relaxation I am again having itching burning and light greenish discharge. Should I repeat the medicines? I still use vagi saf but I don't know why I got it again.

A: Repeat med. Complete course.

Q: I am feeling periods like pain and a little pressure from evening first it was very sharp and then slightly less. I am 34 weeks pregnant. Is this normal?

A: Take tab nospa forte ik subah dopahar sham for 5days

Q: I am having quite pain in my legs from few days. Sometimes even after I take nospa. Should I get my sugar levels tested as well? Which test do you suggest?

A: FBS

Q: Today again I am having severe pressure on my legs and under legs which is making it difficult for me to walk. I have never experienced this before. 37 weeks almost.

A: Biozinc. A multi vitamin.

Q: Is extreme lower back pain normal at this stage?

A: Take tab panadol

Q: From yesterday I am having periods like pains after every few minutes/hours. Sometimes it becomes really very severe but are not regular more over I am having an increase in vaginal discharge and the rest of the things too backache and heartburn and a lot of pressure. Is it all normal at this point or should I come in for a checkup?

A: Plz come for checkup

Q: Waise bleeding nahi ha proper but every time I wipe with tissue I get reddish bloodish discharge on it. With backache and periods like cramps sometimes severe sometimes mild. Should I come for checkup or wait?

A: [No response provided]

Q: Is it safe for me to travel to Kashmir (smooth road), a travel of 4-5 hours? I am 5 weeks pregnant. I am feeling good, no nausea or no other issues right now.

A: You can travel

Q: I am getting brown color discharge right now. I came yesterday, you told me to go for termination of pregnancy. But can wait for 15 days. And I am having mild cramps and brown discharge today. What could be the reason?

A: It's a sign of spontaneous miscarriage

Q: Can I still wait for 15 days and then get checked up? Cz nothing happened except one time small spotting.

A: [No response provided]

Q: What precautions need to take before DNC? And do you have any idea about hospital charges for DNC?

A: Call at hospital to ask. No special precautions.

Q: I wanted to shave down there, but I read it is not permissible. Is it so?

A: You can do

Q: Can you recommend the medicine too for complete miscarriage?

A: Breeky 200mcg for 5 days (1+1+1)

Q: If you remember I told you that Inshallah next I am going to umrah. Can you tell me for this I have to for any flu vaccine or any other vaccine which is required for umrah?

A:

Q: Dr my wife is having severe pain in belly. 24th Weeks.

A: Go to emergency in Scotland hospital. Take spasfon ik subah sham for 5days

Q: Pains start hein mujhe but samjh nahe a rahe k true pains hein ya false.

A: A jayin

Q: Thore bleeding ho rahe hai. Spotting. Normal hai yeh. Brown colour. Bhot zaida nahe hai.

A: Yes it's normal

Q: Pain b hai Thora. Mild hai bhot zaida nahe hai.

A: Wait at home till u got sever contraction

Q: Water bag leak ho Gaya hai i think.

A: [No response provided]

Q: Abhi bleed hoi hai thori c. Yeh labour induce honay ki nishani hai kya?

A: No. It's due to checkup

Q: Diarrhea b hai sath pains atay hain lekin kabhi 10 min bad kabhi 5 min baad. Duration almost 20 secs hai.

A: [No response provided]

Q: Bonnisan syrup choti k liye use kar sakty hain colic problems waghra k liye?

A: If yes then you can give

Q: Aur umbilical cord par kuch use krna hai?

A: No

Q: Feed meri abhi sahi nhi a rhi pani hi hai thora thora.

A:

Q: Mujhe aj phir motions bhout hain is k liye main kya karon?

A: Stop tab augmentin. Take tab azomax 500mg ik roznana for 5days. Tab flagyl 490mg ik subah sham for 5days.

Q: Mujhe rashes ho gaye hain teen chaar dino say bhout itching hoti hai.

A: Apply hydrozole cream on rash. And frequent use of pad.

Q: Mera ek stitch thk nhi ho Raha pain b HOTA hai.

A:

Q: Main aj kal rozay rakh rhi hon aur baby b feed karti hai khana pena b sahi nhi kar pati toh koi supplement suggest kar dain sar main b aj kal dard rehta hai.

A: Tab cmz 3 ik roznana for one months

Q: Delivery k baad say periods na anna b normal hai kya?

A: You should adopt contraception

Q: Still periods hein pehly sy ziada hein kb tk stop hon gy..one week ho gya hy.

A: [No response provided]

Q: We have decided for ist Jan for delivery. Yesterday room was not available... we need executive plus room. Test and injections have been done... following prescription for iron calcium ... Yesterday fasting sugar was 135...

A: Ok

Q: Today is our baby delivery with surgery... when we will come we will inform.

A: Room no 3 reserved for u. Take your feed at 1pm and nothing to drink and eat onward. Reach to hospital at 4pm.

Q: Plz arrange blood at your end.

A: [No response provided]

Q: Room is not vacant. Room 1 executive. This room is not comfortable. A lot of smell.

A: [No response provided]

Q: I have a request. We need birth certificate today urgent to apply leave.

A: Ok

Q: I have one more request if any one ask about my issue plz keep it secret...

A: [No response provided]

Q: Aoa mainy kal ap ko visit kia tha smelly urine, burning ki shakiyat thi jo abhi b ha or cramps 2 din sa thye aj nhi hain & itchiness wasy to nhi ha sometime ho jati ha.

A: Tab lian satchet ik subah sham for 5days

Q: Pcos mai dairy item use kr skty hain?

A: No

Q: How's ur menstrual pattern now?

A: Periods are regular. Flow has improved but not as before.

Q: White spots on nails can I take cac 1000 plus along these medicine??

A: [No response provided]

Contraception and Fertility

Q: I am planning to visit you tonight for the contraceptive placed in arm. How much time will it take?

A: I think u can go iucd. It's without any physical side effects. And come on monday. At day 5th.

Q: Today is my 3rd day and bleeding has almost stopped. Now what?

A: Kal a jayain phA CONTRACEPTION AND FERTILITY (continued)

Q: I am planning to visit tonight or tomorrow for the birth control. And I am planning to get the one in the arm. If it will not suit me then I will get it removed.

A: Ok. But it's not available in public sector. You have to go to government hospital like PIMS.

Q: Recently I had unprotected intercourse about which I am really worried that I might conceive... Is ki reason kya hai bleeding ki?

A: Plz visit to know for examination.

Q: Ovifol not available ask doc what alternate tab I can use.

A: Myfol

Q: Periods start date 4th. End date 10th November. Kindly ovulation days bta dein.

A: 14_24 nov

Q: Our 11th day will be on Tuesday so please tell us the fertile window we need to make an attempt accordingly. We will visit by Tuesday.

A: Tuesday to next Tuesday (13 to 20 dec)

Q: I am taking primulte n 1 from almost last 15-18 days now it's finished and is also short in market. Can you prescribe any other medicine?

A: Tab omatril 5mg ik subah sham. 3 times a day.

Q: I want to ask if this is safe to use while trying to conceive? I have vaginal dryness issue, so I use it. If it is not safe for getting pregnant, then any alternative to use for vaginal dryness issue?

A: [No response provided]

soft drink

Appointment and Hospital Logistics

Q: On which days and at which time do you sit at South East hospital? And do work in any other hospital in morning where I can come too?

A: 7_9 pm. Monday to Saturday.

Q: At what time are you available in Fatima hospital Ghouri Town?

A: Tomorrow I'll be available at 1 pm sharp.

Q: Are you sitting today in hospital? I have to come.

A: No. Plz come on Monday.

Q: I want to ask that are you available at South East hospital tomorrow (Wednesday)? I want to come for routine checkup & travelling NOC. Because I have an Umrah flight by coming Friday InshaAllah.

A: Yes available.

Q: Are you available on coming Saturday?

A: Yes

Q: Ap ki Ramzan timings kia hain?

A: 7_9 pm

Q: Advance Appointment mil skti ha? On call or physically?

A: Yes. You can come at 7:30pm.

Q: Can I come 8:00pm?

A: Ok

Q: Timmings?

A: [No response provided]

Q: What are your consultation timings nowadays in South East hospital? Are you available on coming Saturday?

A: 7_9 pm. Yes Insha Allah.

Q: Are you available today?

A: Yes

Q: Can I come for checkup after 10 days? Normally the routine checkup date is tomorrow. Nowadays it's my 30th week of pregnancy.

A: Yes u can, if feeling no problem.

Q: Merii bhabi ny checkup krwana tha apna pregnancy nahii haa. To wo ap k pas periods k dinu main ayn ya us k bad? Conceiving ka issue ha baby conceive ni ho ra.

A: Kal a jayin.

Q: AJ ap hospital available hon gin? MERI bhabi Anna chahti Hain. Abhi Kuch time say Woh bahria ain Hain aur un ki pregnancy hai.

A: Yes available.