



Dr. SHIVAA'S

DIABETES CARE

—Speciality Centre for Quality Diabetes Care—

57/4, zubi manor,
7th avenue, Ashok nagar,
Chennai - 600083
8056011851, 9094778778

ID : 0419

Date : 04/Jan/2019

Name : Mrs.Saraswathy

Age : 59 (F)

Sys.Exam:CVS:S1S2+, RS:NVBS

R_x BP : 160/70 mmHg Wt : 71.4 Kg Ht : 150 cm BMI : 31.7 Kg/m² FBS: 119 mg/dl PPBS: 196 mg/dl HbA1c: 8.0 %

- 1) INJ. EGLUCENT RAPID 6 units - 0 - 0
6 units before breakfast (5 minutes before food)
- 2) INJ. Lantus ALLSTAR 0 - 0 - 8 units
8 units bed time
- 3) TAB. Jalra 50 mg 1 - 0 - 1
1 tablet before breakfast - 1 tablet before dinner (30 MINUTES BEFORE FOOD)
- 4) TAB. GLYCOMET GP FORTE 1MG 1 - 0 - 1
1 tablet before breakfast - 1 tablet before dinner (30 MINUTES BEFORE FOOD)
- 5) TAB. NEBISTAR 2.5MG 1 - 0 - 0
1 tablet after breakfast
- 6) TAB. TAZLOC H 80MG 1 - 0 - 1
1 tablet after breakfast - 1 tablet after dinner
- 7) TAB. ROSUVAS F 10MG 0 - 0 - 1
1 tablet after dinner
- 8) CAP. Superia dsr 1 - 0 - 1
1 capsule before breakfast - 1 capsule before dinner (30 MINUTES BEFORE FOOD)

Advice:

- » Regular Walk 30 min's Daily
- » Diabetic Diet

Dr.R.SHIVAA MOHAN
M.B.B.S,F.DIAB,CCEBDM

Next Review : 04/Apr/2019

Tests to be taken for next visit : DIABETES STARTER PLUS SERVICE