

NORTHSIDE MEDICAL GROUP  
2450 Oak Street | Springfield, IL 62704 | (217) 555-8900

PRESCRIPTION SUMMARY

Patient: Jennifer Martinez | DOB: 08/14/1988  
Date: December 2, 2025 | Provider: Dr. Robert Chen, MD

MEDICATIONS

1. Amlodipine 5 mg — One tablet daily  
For: High blood pressure | Qty: 90 | Refills: 3
2. Metformin 1000 mg — One tablet twice daily with meals  
For: Type 2 diabetes | Qty: 180 | Refills: 3
3. Atorvastatin 20 mg — One tablet daily at bedtime  
For: High cholesterol | Qty: 90 | Refills: 3

DIAGNOSES

- Hypertension (diagnosed 2019)
- Type 2 Diabetes (diagnosed 2021)
- Hyperlipidemia

KEY WARNINGS

Amlodipine: May cause dizziness or ankle swelling. Avoid grapefruit juice.

Metformin: Take with food. BLACK BOX WARNING — Risk of lactic acidosis. Seek immediate care for muscle pain, difficulty breathing, or unusual fatigue. Stop 48 hours before contrast imaging procedures.

Atorvastatin: Report muscle pain or weakness immediately (risk of rhabdomyolysis). Avoid excessive alcohol.

ALLERGIES

- Sulfa drugs (rash)
- Penicillin (hives)

MEDICAL HISTORY

- Family history: Mother with diabetes, father with heart disease
- No prior surgeries
- Current vital signs: BP 138/86, Blood glucose 145 mg/dL

INSTRUCTIONS

- Monitor blood glucose daily (target: 80-130 mg/dL fasting)
- Check blood pressure weekly (target: <130/80)
- Low-sodium diet, 30 min exercise 5x/week
- Lab work required: A1C, lipid panel, metabolic panel

Next appointment: March 5, 2026

Contact immediately for chest pain, severe dizziness, or blood sugar <70 mg/dL.