

Name: Navin
Age/Sex: 70y / M
Office ID: SD1003

Date: 09-05-2020 10:49 am
Mobile: 8409082313

Symptoms: Diabetes mellitus uncontrolled, Frequent need to urinate (specially at night), SOB - Shortness of breath (Mild, at night sometimes)

Findings: Oedema (nil), No pallor, no sob at present

Notes: Strict Low carb small frequent 1600 kcal Diabetic Diet. Exercise regularly as advised. Physical medical examination can not be done as patient himself opted for tele-consultation portal. All the limitations of this mode of treatment modality and associated problem have to be heard by patient himself. This prescription is Not valid for medico-legal purpose as patient's identity can not be verified.

Medical History:

Medical Problems: **T2DM** : since- 9-10 Years, medication- , **Hypertension** : since- 9-10 Years, , **Dyslipidemia** : since- 9-10 Years, medication- , **CAD - Coronary artery disease** : since- 5-6 Years, medication- , **Notes** : post-cabg 2009, TVD

Procedure: **Coronary angiogram** : More than 10 years ago

Diagnosis: Uncontrolled T2DM (in a known case of Type 2 DM, HTN, CAD [post-CABG], On treatment, Uncontrolled)

	Medicines	Quantity	Frequency	Duration
1	Tablet Glyciphage VG 1 GLIMEPIRIDE(1 MG) + METFORMIN(500 MG) + VOGLIBOSE(0.2 MG)	1 tablets	12 hourly	To Continue
		Before Food, 20 minute before lunch and dinner		
2	Tablet Sgltr 100 REMOGLIFLOZIN ETABONATE 100 MG		Twice a day	To Continue
		After Food, just after lunch and dinner		
3	Tablet Dynaglipt M Forte (1000/20) METFORMIN(1000 MG) + TENELIGLIPTIN(20 MG)		Once a day	To Continue
		After Food, after breakfast		
4	Tablet Stamlo T (40/5) AMLODIPINE(5 MG) + TELMISARTAN(40 MG)		Once a day	To Continue
		at 8 pm everyday		
5	Tablet Stator ASP 75 ATORVASTATIN(10 MG) + ASPIRIN(ASA)(75 MG)		Once a day	To Continue
		Bedtime		

Advised Investigations: HbA1c Test, Thyroid-Stimulating Hormone (TSH) Test, Serum Electrolyte, Echocardiography-Colour doppler, USG KUB area

Advised Procedures:

Coronary angiogram

Instructions:

- Diet & exercise as advised
- Walk regularly for 30 minutes daily
- Fundoscopy to rule out diabetic retinopathy
- Add healthy foods to your diet like green leafy vegetables, fruits, whole grains, lean protein, beans, nuts, dairy
- Keep genitals clean and dry. Maintain hygiene

Follow up: 08 Jun 2020, Monday (Cardiological check-up must if SOB worsened. Hypoglycemia sign symptom & treatment has been explained and advised.)

Dr. Sudipta Dutta

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Note: This prescription is generated through tele consultation