

AFTER VISIT SUMMARY

Ho Cao MRN: 110014033096



1/19/2023 4:10 PM ADULT MEDICINE 925-295-4070

Instructions from ROBERT JOSEPH SOSA MD



Your medications have changed today

See your updated medication list below for details.



Labs and imaging ordered today

ALANINE AMINOTRANSFERASE (ALT)
Complete as directed

ALBUMIN
Complete as directed

BLOOD UREA NITROGEN (BUN)
Complete as directed

CALCIUM, SERUM
Complete as directed

CBC (COMPLETE BLOOD COUNT) AND DIFFERENTIAL
Complete as directed

CREATININE AND CALCULATED GLOMERULAR FILTRATION RATE
Complete as directed

FERRITIN
Complete as directed

GLUCOSE
Complete as directed

HEMOGLOBIN A1C
Complete as directed

IRON AND TOTAL IRON BINDING CAPACITY
Complete as directed

LIPASE
Complete as directed

MAGNESIUM
Complete as directed

NON-FASTING LIPID PANEL
Complete as directed

POTASSIUM
Complete as directed

SODIUM
Complete as directed

TESTOSTERONE
Complete as directed

THYROID STIMULATING HORMONE (TSH)
Complete as directed

URINALYSIS WITH REFLEX TO MICROSCOPY PANEL

Today's Visit

You saw ROBERT JOSEPH SOSA MD on Thursday January 19, 2023. The following issues were addressed:

- CONFUSION
- DIABETES TYPE 2 WITH MODERATE CHRONIC KIDNEY DISEASE
- HYPERLIPIDEMIA (HIGH BLOOD FATS)
- HYPERTENSION (HIGH BLOOD PRESSURE)
- BILATERAL KNEE JOINT PAIN



Blood Pressure
155/85



Weight
135 lb
14.4 oz



Height
5' 3"



Temperature (Tympanic)
98.1 °F



Pulse
61

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Download KP apps for your smartphone free from your favorite App Store.

My Doctor Online - get advice, preventive services alerts, email your doctor, video visits, schedule appointments, including lab tests
KP - refill prescriptions, check lab results, and review hospital or Emergency Department discharge instructions

My KP Meds - schedule reminders to take your medications or order refills

Instructions (continued) from ROBERT JOSEPH SOSA MD

Complete as directed

VITAMIN B12 (COBALAMIN)

Complete as directed

X-RAY BOTH KNEES

Complete as directed

These Medications can be picked up at any KP Pharmacy:

Your provider has added a prescription(s) to your medication profile. Order via kp.org or by phone to have the medication(s) mailed to you or picked up at your chosen Kaiser Pharmacy.

Atorvastatin

metFORMIN

Lisinopril

OneTouch Verio Flex Start

OneTouch Verio test strips


OneTouch Delica Plus Lancet

OneTouch Verio Mid Control

What's Next

You currently have no upcoming appointments scheduled.

Today's Medication Changes

 Accurate as of January 19, 2023 5:14 PM.
If you have any questions, ask your nurse or doctor.

START taking these medications

Atorvastatin 40 mg Tab

Commonly known as: LIPITOR

Take 1 tablet by mouth daily to prevent heart attacks and strokes

Started by: ROBERT JOSEPH SOSA MD

Lisinopril 40 mg Tab

Commonly known as: PRINIVIL/ZESTRIL

Take 1 tablet by mouth daily

Started by: ROBERT JOSEPH SOSA MD

metFORMIN 1,000 mg Tab

Commonly known as: GLUCOPHAGE

Take 1 tablet by mouth 2 times a day with meals

Started by: ROBERT JOSEPH SOSA MD

OneTouch Delica Plus Lancet 30 gauge Misc

Use 1 lancet as directed 2 times a day to measure blood sugar

Started by: ROBERT JOSEPH SOSA MD

Today's Medication Changes (continued)

START taking these medications (continued)

OneTouch Verio Flex Start Kit

Use as directed to test blood sugar

Started by: ROBERT JOSEPH SOSA MD

OneTouch Verio Mid Control Soln

Use as directed with blood glucose meter

Started by: ROBERT JOSEPH SOSA MD

OneTouch Verio test strips Strips

Use 1 Strip as directed 2 times a day to measure blood sugar

Started by: ROBERT JOSEPH SOSA MD

Medications Marked As Taking

Atorvastatin (LIPITOR) 40 mg Oral Tab	Take 1 tablet by mouth daily to prevent heart attacks and strokes
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metFORMIN (GLUCOPHAGE) 1,000 mg Oral Tab	Take 1 tablet by mouth 2 times a day with meals
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Lisinopril (PRINIVIL/ZESTRIL) 40 mg Oral Tab	Take 1 tablet by mouth daily
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blood-glucose meter (OneTouch Verio Flex Start) Misc Kit	Use as directed to test blood sugar
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blood sugar diagnostic (OneTouch Verio test strips) Misc Strips	Use 1 Strip as directed 2 times a day to measure blood sugar
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lancets (OneTouch Delica Plus Lancet) 30 gauge Misc Misc	Use 1 lancet as directed 2 times a day to measure blood sugar
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blood-glucose control, normal (OneTouch Verio Mid Control) Misc Soln	Use as directed with blood glucose meter
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Information about Tobacco

Congratulations on choosing not to smoke. I strongly advise you to avoid all forms of tobacco. It is an investment in your health that pays off for life. For more information on how to stay healthy, visit kp.org/mydoctor/stayinghealthy.

Please Schedule an Appointment for Your Outpatient Lab Tests

You have outpatient lab tests ordered by your doctor(s), and you can now schedule a lab appointment at <https://kp.org/mydoctor/getcare>. Appointments are not required but strongly encouraged. They can help reduce your wait time and ensure our labs maintain the social distancing recommended to prevent the spread of illness. Not online? Call 866-454-8855 to schedule your lab appointment.

For informational purpose:

The Open Payments database is a federal tool used to search payments made by drug and device companies to physicians and teaching hospitals. It can be found at <https://openpaymentsdata.cms.gov>