

Prof. Ali Jawa

MD(USA), MPH (USA), FACE (USA)
DABIM-Endocrinology (USA), DABIM (USA),
DAPNS (USA)

Diplomate American Board of Endocrinology, Diabetes and Metabolism
Diplomate American Board of Internal Medicine
Diplomate American Board of Physician Nutrition Specialists
Fellow American College of Endocrinology
Professor of Endocrinology,
SZABMU / PIMS, Islamabad, Pakistan
Consultant Endocrinologist & Diabetologist

Patient Name: Mr. John Doe

Age / Sex: 43 Years Male

Visit Date: 18-Dec-2020

Address: Test Address

Vitals: **Weight** 84.00 Kgs **Height** 6.00 Feet 2.00 Inches **BMI** 23.78 **BSF** 150 **BSR** 200
SBP/DBP 120/80 mmHg **Pulse** 90

1. D.M Type 1:

a) Ryzodeg Insulin

Before Breakfast:

b) Novorapid / Humalog / Apidra Insulin

Before Lunch

Before Dinner:

c) Tagip Met XR 50/1000 mg

0 + 0 + 1 – After Meals

d) Diampa M 12.5 /1000 mg

1 + 0 + 0 – After Meal

2. HTN / Dyslipidemia:

a) Co - Tasmi 40/12.5 mg

1 + 0 + 0 – In Morning

b) Nebil 5 mg

0 + 0 + 1

c) Xovat 5 mg

0 + 0 + 1 - Bedtime

d) **Fenoget 200 mg**

1 + 0 + 0

3. Mood / Neuropathy:

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PLAN:

a) **Lyta 30 mg**

1 + 0 + 0

b) **Neogab 300 mg**

0 + 0 + 1

4. Hypothyroidism :

a) **Thyronorm 100 mcg - Empty Stomach - Morning**

1 + 0 + 0

5. Deranged Liver Function:

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PLAN:

a) **Cap. Evion 400 mg**

1 + 0 + 0 for 2 months

5. Preventative:

-- Dilated Eye Exam for Diabetic Retinopathy : Before Next visit

PLAN:

a) **Cap. D Cap (Vitamin D) 50,000 IU**

One Capsule orally once every 15 days for 3 months

b) **Tab. Neuromet**

1 + 0 + 1 for 6 weeks.

c) **Cap. Immun Plus (Wilshire)**

1 + 0 + 0 for 8 weeks.

Follow up in 3 Months. Lab before next visit

LABORATORY TESTS

Free T4

Liver Function Test

Referral Practitioners

Dr Nouman

FOLLOW UP INSTRUCTIONS

Follow up visit after 3 months. Call 0304-111-0336 for Appointments.



Dr. Abdullah

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Monitoring Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Before Breakfast							
2 Hours after Breakfast							
Before Lunch							
2 Hours after Lunch							
Before Dinner							
2 Hours after Dinner							
At Bedtime							
At 3:00 AM							