



Prof. Ali Jawa

Patient Name: M.Buksh

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MD (USA), MPH (USA), FACE (USA),
FRCP (Lon), MIVM (Europe), Diplomate
ABIM-Endocrinology (USA), Diplomate
ABIM (USA) , Diplomate-ABPNS (USA).

Age / Sex: 60 Years Male

Visit Date: 27-Oct-2020

Phone: 0321-8425005

PMHx Yrs ADR

Vitals 1: Weight 5.00 Kgs Height 5.00 Feet 10.00 Inches BSF 111 SBP/DBP
100/120 mmHg Pulse 30

1. D.M Type 2:

a) Humulin N and Humulin R

Before Breakfast: N: R:

Before Dinner: N: R:

b) Tagip Met XR 50/1000 mg

0 + 0 + 1 – After Meals

c) Diampa M 12.5 /1000 mg

1 + 0 + 0 – After Meal

2. HTN / Dyslipidemia:

a) Co - Tasmi 40/12.5 mg

1 + 0 + 0

b) Nebil 5 mg

0 + 0 + 1

c) Xovat 5 mg

0 + 0 + 1 - Bedtime

3. Hypothyroidism :

a) Thyronorm 100 mcg - Empty Stomach - Morning

1 + 0 + 0

4. Mood / Neuropathy:

a) Lyta 30 mg

1 + 0 + 0

b) Neogab 300 mg

0 + 0 + 1

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

Blood Glucose

17-oh Progesterone

Cbc With Peripheral Smear

FOLLOW UP INSTRUCTIONS

Follow up visit after 12 weeks (19-Jan-2021)

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							