

Dr. Abdullah

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

**Diplomate American Board of
Diabetes, Endocrinology and
Metabolism**

**Address: Shaukat Khanum Memorial
Cancer Hospital, Lahore**

Patient Name: Syed Wajahat

1

Age / Sex: 34 Years Male

Visit Date: 19-Nov-2020

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

$\frac{1}{2} + 0 + 0$ – In Morning

b) Nebil 5 mg

$0 + 0 + 1$ – In Evening

c) Xovat 5 mg

$0 + 0 + 1$ - Bedtime

3. Mood / Neuropathy:

a) Lyta 30 mg

$1 + 0 + 0$

b) Neogab 300 mg

$0 + 0 + 1$

4. Others:

Monitoring Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Before Breakfast							
5. Preventative:							
2 Hours after a) D Cap (Vitamin D)							
Before Lunch							
One Capsule of Vitamin D							
b) Tab. Neuromax							
2 Hours after Lunch							
Before Dinner							
2 Hours after Dinner							
At Bedtime							
At 3:00 AM							

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