
Patient Name: Mr. John Doe

Age / Sex: 43 Years Male

Visit Date: 28-Dec-2020

Address: Test Address

Vitals: **Weight** 64.00 Kgs **Height** 156.00 CMs **BMI** 26.30 **SBP/DBP** 120/95 mmHg
Pulse 88

1. D.M Type 2:

a) Humulin 70/30

Before Breakfast:

Before Dinner:

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

d) Fenofet 200 mg

1 + 0 + 0

3. Hypothyroidism:

a) Thyronorm 100 mcg - Empty Stomach

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

6. 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

Hemoglobin A1c

Referral Practitioners

Prof. Ali Jawa

FOLLOW UP INSTRUCTIONS

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

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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							