

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

Muhammad Haroon

12 Years Male

Visit Date: 14-Oct-2020

Address: Test

Vitals: Weight 80.00 Kgs **Height** 5.00 Feet 10.00 Inches **BMI** 19 **BSF** 120 **BSR** 140
SBP/DBP 120/80 mmHg **Pulse** 90

Repeat Vitals: Weight 54.00 Kgs **Height** 5.00 Feet 9.00 Inches **BMI** 17.58 **BSF** 120
BSR 120 **SBP/DBP** 110/70 mmHg **Pulse** 40

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

½ + 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:

- Deranged Liver Function:

5. Preventative:

a) 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.

NOTES

Test

FOLLOW UP INSTRUCTIONS

Follow up visit after 10 days. 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							