





Dr. S. Abbas Raza  
M.D.

Diplomat American Board  
of Internal Medicine

Diplomat American Board  
of Diabetes, Metabolism  
and Endocrinology

SPECIALIZED  
SERVICES:

Diabetes, Mellitus

High Blood Pressure

Thyroid Disorders

Hormones / Glands  
Abnormalities

Male / Female  
Infertility

Cholesterol Disorder

Obesity

Follow-up Visit



## Mr. John Doe

43 Years Male

Visit Date: 04-Jan-2021

Address: Test Address

### 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) Fenofibrate 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.

**LABORATORY TESTS**

Renal Profile

Fasting Lipid Profile

**Referral Practitioners**

Dr. Abdullah

## **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							