

## Patient

Santu roy , Male, 46 Yrs  
Mobile: +91-9874329506  
UHID: APJ1.0010038439

Date: Friday, 01 Dec 2023  
Time: 6:12 PM  
Consult Type: Online  
Appointment ID: 9572573

## Chief Complaints

- Epigastric discomfort.; Details: Occasional burning sensation; fullness; excessive bloating; mild pain just below the xiphoid process 01.12.23: persistent discomfort in xiphoid region

## Vitals (as declared by patient):




Drug Allergies: No, Diet Allergies/Restrictions: No

## Diagnosis/ Provisional Diagnosis


- Asymptomatic cholelithiasis
- Uninvestigated dyspepsia

## Medication Prescribed

 Click To Order Medicine >

Medicine Name	Dosage	Medicine Details	Duration
1. <b>ETOGESIC MR TABLET 10'S</b> Contains: ETODOLAC (400 MG) + THIOLCHOLCHOSIDE (4 MG)  Take if you have musculoskeletal pain (chest wall pain and back pain).	----- 1 -----	<b>TABLET   As needed</b> Orally. After food	Till Next Review
2. <b>TRYPTOMER 10 MG TABLET 30'S</b> Contains: AMITRIPTYLINE (10 MG)  Take at bedtime	----- 1 -----	<b>TABLET   Once a day</b> Orally. After food	2 weeks
3. <b>DDR-D 60/30 CAP 10'S</b> Contains: DEXLANSOPRAZOLE (60 MG) + DOMPERIDONE (30 MG)  Take 30mins before breakfast	1 - 0 - 0 - 0 M - N - E - N	<b>TABLET   Once a day</b> Orally. Before food	2 weeks
4. <b>URSOCOL 300 TABLET 15'S</b> Contains: URSODEOXYCHOLICACID (300 MG)	1 - 0 - 0 - 1 M - N - E - N	<b>TABLET   Twice a day</b> Orally. After food	Till Next Review

M-N-E-N: Morning - Noon - Evening - Night

 Instruction

**NOTE:** Medicine Substitution Allowed Wherever Applicable.

## Diagnostic Tests

 Click To Book Test >

- UGIE ENDOSCOPY
- CHEST X RAY AP AND LATERAL VIEW

 Instruction

## Advice & Instructions

- Take small frequent meals.
- Chew food adequately. Do not hurry while having meals. Have timely meals.

### Disclaimer:

This prescription is issued on the basis of your inputs during teleconsultation It is valid from the date of issue until the specific period/dosage of each medicine as advised.

- Avoid spicy, deep fried and oily food.
- Bloating: Keep a food diary. This will help you figure out which foods increase gas in your body. After you identify some foods that cause you excessive bloating, you can try to eat less of them or avoid them altogether. Adjust your diet. If your diet includes a large amount of carbohydrates that are difficult to digest, try to replace them. Carbohydrates that are easier to digest, such as rice and bananas, are substitutes that may reduce flatulence. Avoid gas producing foods (eg. cabbage, legumes, onions, broccoli, brussels sprouts, wheat, and potatoes) Eat smaller meals more frequently. Eating around five to six small meals a day instead of three larger ones may be easier on your digestive system. Try to swallow less air. Avoid doing anything that may increase the amount of air that you swallow. This includes making sure that you're chewing your food properly, and avoiding chewing gum, smoking, and straws. Drink lots of water. Staying hydrated can help you avoid constipation, which causes gas. Exercising regularly.
- Contact me through chat (apollo 247 app) if you notice any new or worsening symptoms in the next 5 days.
- Repeat Online consultation after 2 weeks

**Follow Up after 14 days**

Scan QR Code  
to book follow-up consultation with doctor

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\*Offer applicable on 1kg

\*There was significant reduction in HbA1c compared to baseline and control at 1st month when you used along with lifestyle intervention. The term "manage" based on ADA recommendation of less stringent A1C goals. Consult your physician before making changes to your diet. Mohan V et al J. Assoc. Phys. Ind. 2019;67(12) 25-30



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