

Dr. Jatin Yegurla

MBBS (Osm), MD (PGIMER Chandigarh), DM (AIIMS New Delhi), FAGIE (AIIMS New Delhi), ESEGH (London, UK); Gold Medalist

Gastroenterology/GI medicine Reg.No. 89675

Apollo Hospitals Jubilee Hills, Apollo Hospitals Jubilee Hills, Rd Number 72,, Hyderabad, Telangana, 500033

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Helpdesk@apollo247.com

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

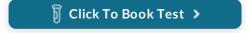
- Asymptomatic cholelithiasis
- Uninvestigated dyspepsia

Medication Prescribed



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

Diagnostic Tests



- 1. UGIE ENDOSCOPY
- 2. CHEST X RAY AP AND LATERAL VIEW

① Instruction

Advice & Instructions

- Take small frequent meals.
- $\bullet \quad \hbox{Chew food adequately. Do not hurry while having meals. Have timely meals.}$

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.



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- 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 rice and bananas, are substitutes that may reduce flatulence. Avoid gas producing foods (eg. cabbage, legumes, onions, broccoli, brussel 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 Reg

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

