

MEDICAL PRESCRIPTION

Tenderly Care - OB-GYN Telemedicine Platform

Doctor: Dr. Sarah Ashar

Date: 7/31/2025

Consultation ID: 688b56644f69952f7e28f7ac

Diagnosis

Possible Diagnoses: Urinary Tract Infection (UTI)

Diagnosis Description: UTI is a common infection affecting the urinary system, often causing increased urinary frequency, urgency, pain on urination, cloudy urine, and foul odor. It can present with mild lower abdomen pain and may lead to systemic symptoms like fatigue.

Clinical Reasoning: The patient's presentation with sudden onset of urinary frequency, urgency, pain on urination, cloudy urine, foul odor, and mild lower abdomen pain is highly suggestive of a Urinary Tract Infection (UTI). The absence of nocturia, blood in urine, incontinence, or fever is typical for a lower UTI. The mild pelvic pain and vulvar irritation could be associated with the UTI as well.

Medications

Cephalexin - 500mg

Frequency: Every 6 hours

Duration: 7 days

Reason: To treat the urinary tract infection

Notes: Ensure to complete the full course of antibiotics as prescribed.

Recommended Investigations

Urinalysis - To confirm the presence of infection and guide appropriate antibiotic therapy.

Priority: high

Treatment Recommendations

Primary Treatment: Antibiotic therapy for UTI

Lifestyle Modifications:

- Increase fluid intake to help flush out the bacteria from the urinary system.

Dietary Advice:

- Avoid irritants like caffeine and alcohol that can worsen urinary symptoms.

Follow-up Timeline: Follow-up in 1 week to assess response to treatment and consider further investigations if needed.

Patient Education

- Drink plenty of water to help clear the infection.
- Practice safe sex to prevent future UTIs.

Warning Signs

- High fever
- Severe lower abdominal pain
- Blood in urine

This diagnosis is AI-generated and should not replace professional medical consultation. Always consult with a qualified healthcare provider for medical advice.

Dr. Dr. Sarah Ashar

Digital Signature Applied

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