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Final Diagnostic & Prescription Report

Patient Name: Vladimir Putin (47M)

Date: [Insert Date]

Diagnosis:

You have been diagnosed with a common cold (viral upper respiratory infection). This is a mild illness caused by a virus, leading to symptoms like a runny nose, cough, and slight fever. It typically resolves on its own within 7-10 days.

Treatment Plan:

Medicines (Follow Dosage Carefully):

1. Acetaminophen (Paracetamol) 500mg

- Dosage: 1 tablet every 6-8 hours (as needed for fever or discomfort).
- Max: 4 tablets in 24 hours.

2. Pseudoephedrine (Decongestant) 30mg

- Dosage: 1 tablet every 6 hours (for nasal congestion).
- Avoid if you have high blood pressure.

3. Saline Nasal Spray

- Usage: Spray 12 times in each nostril as needed for congestion.

Additional Care:

- Drink warm fluids (herbal tea, warm water with honey) to soothe the throat.
- Gargle with warm salt water 23 times a day if you have a sore throat.
- Rest well and avoid strenuous activities.

Tests (If Needed Later):

- No tests are required now. However, if your fever worsens or symptoms last beyond 10 days, a CBC (Complete Blood Count) or CRP test may be needed to check for bacterial infection.

Foods & Lifestyle to Avoid:

- Avoid frozen or very cold foods/drinks (e.g., ice cream, chilled water) as they can worsen throat irritation.
- Avoid smoking or exposure to smoke/dust.
- Limit caffeine and alcohol, as they can cause dehydration.

When to Seek Immediate Help:

Contact your doctor if you experience:

High fever (above 101°F / 38.3°C) lasting more than 2 days.

Difficulty breathing or chest pain.

Thick yellow/green nasal discharge with worsening symptoms.

Doctors Note:

"Most colds improve with rest and simple care. Stay hydrated, take medicines as directed, and avoid cold foods. If symptoms persist, revisit us for further evaluation."

Doctors Signature:

Dr. Sahib

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Wishing you a speedy recovery!

[End of Report]