

SUBRA DUMMY SUPER SPECIALITY HOSPITAL | HEART SCIENCES

Department of Interventional Cardiology & Preventative Diabetology
Outpatient Consultation & Specialty Care Clinic | Center for Preventive Cardiology

OUTPATIENT CLINICAL CONSULTATION & PRESCRIPTION SLIP

VISIT TYPE: 1-MONTH POST-PCI REVIEW

Patient Name:	Rajesh Kumar Sharma (Father)	Date of Consultation:	15-Feb-2026, 10:45 AM
Age / Gender:	71 Years / Male	UHID / Reg No:	SD-BLR-2026-44019
Attending Doctor:	Dr. Vikram Malhotra, MD, DM (Cardio)	Doctor Reg No:	KMC Reg: 39184 (FESC, FSCAI)
Clinical Status:	Stable Post-Angioplasty (LAD Stent)	Caregiver Mobile:	+91 98450-XXXXX (Daughter Priya)

CLINICAL EVALUATION, VITALS & LABORATORY REVIEW

Recorded Vitals:	BP: 124/78 mmHg Pulse: 68 bpm (Sinus Regular) SpO2: 98% (Room Air) Weight: 69.5 kg BMI: 24.1
Clinical Examination:	Chest clear, S1 S2 heard, no murmurs. No pedal edema. Walking 30 mins daily without angina or dyspnea.
Diagnostics Review:	2D Echo (10-Feb): LVEF 56% (Normal systolic). Metabolic Panel (08-Feb): HbA1c 8.2% (High), LDL 142 (High).
Clinical Assessment:	Stent patent and stable. Escalating statin for LDL target < 55 mg/dL. Adjusting antidiabetic therapy for HbA1c.

Rx - MEDICAL PRESCRIPTION (ACTIVE MEDICATIONS & DOSAGE SCHEDULE)

MEDICINE NAME & COMPOSITION	TIMING / SCHEDULE	FOOD RELATION	DURATION	INDICATION & ADVICE
Tab. Brilinta 90 mg (Ticagrelor)	1 - 0 - 1 (Morn - Night)	After Food	90 Days	Antiplatelet (DO NOT SKIP)
Tab. Ecosprin 75 mg (Enteric Coated)	0 - 1 - 0 (Afternoon)	After Lunch	90 Days	Aspirin / Blood Thinner
Tab. Rosuvas F 20/145 (Rosuva + Feno)	0 - 0 - 1 (Night)	At Bedtime	90 Days	Escalated for LDL 142
Tab. Metoprolol XL 25 mg (Succinate)	1 - 0 - 0 (Morning)	After Breakfast	90 Days	Heart Rate & BP Control
Tab. Glycomet Trio 2/500/0.3 (Glimep+Met)	1 - 0 - 1 (Morn - Night)	Before Meals	90 Days	Added for HbA1c 8.2%
Tab. Sorbitrate 5 mg (Sublingual)	S.O.S (Emergency)	Under Tongue	Carry Always	Use ONLY if chest pain

DIETARY, PHYSICAL ACTIVITY & CRITICAL SAFETY DIRECTIVES

- Dietary Protocol: Low salt diet (< 2.5 g/day). Strictly eliminate bakery products, deep-fried foods, and added sugars.
- Physical Activity: Continue daily 30-minute brisk morning walks on flat ground. Avoid lifting heavy weights (> 8 kg).
- Home Monitoring: Check Blood Pressure twice weekly (target < 130/80 mmHg). Log fasting blood sugar twice weekly.
- Critical Warning: NEVER discontinue Tab. Brilinta or Tab. Ecosprin abruptly. Stopping blood thinners risks acute stent thrombosis.**
- Emergency Action: If acute retrosternal chest pain occurs, take 1 Tab. Sorbitrate under tongue. If pain lasts > 5 min, call 1800-000-SUBRA.**
- Next Review: In 3 Months (15-May-2026) with repeat Fasting Lipid Profile, HbA1c, and Serum Creatinine.

Consultant Cardiologist: Dr. Vikram Malhotra, MD, DM, FESC, FSCAI
Director, Cardiac Catheterization Lab | Karnataka Medical Council Reg: KMC-39184

Verified Digital Outpatient Rx
Subra Dummy Super Speciality OPD Clinic