



**Dr. Prashant Saxena**  
*Associate Director & Head – Pulmonology & Sleep Medicine,*  
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MBBS, MD, FRCP (Edin), EDIC (Europe), FCCP (USA),  
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Pulmonology Programme Coordinator  
Ms. Shama Praveen  
For Appointment/Queries call :  
9319464065, 9136189766, 011-71212121  
Online Appointment : [www.maxhealthcare.in](http://www.maxhealthcare.in)  
OPD Timings:  
Tuesday, Thursday, Saturday: 12 – 3 pm (Max Smart)  
Friday : 3 pm - 6 pm ( Max Smart )  
Monday : 9 am - 12 am ( Max West Block)  
Wednesday : 3 pm - 6 pm ( Max West Block)

PATIENT NAME / AGE : MR PAWAN SRIVASTAVA , M 40

DATE : 1505.21

HISTORY/ SYMPTOMS : C + , CT MODERATE , SPO2 98 , IVER/AZI/DOXY

If saturation ( SPO2 ) is less than 93 % , START OXYGEN AT 1-2 L/MIN , TARGET SPO2 more than 93 %

TAB FABIFLU ( 200 MG) 1800 MG TWICE DAILY X 1 DAY  
FOLLOWED BY 800 MG TWICE DAILY X 6 DAYS ( after meal)

TAB MONTAIR FX ONCE DAILY AFTER DINNER

TAB XARELTO 10 MG ONCE DAILY AFTER BREAKFAST

TAB MEDROL 16 MG TWICE DAILY AFTER MEAL

BUDECORT NEBULISATION 0.5 MG TWICE DAILY , USE NEBULISER

TAB PAN IT 40 MG DAILY EMPTY STOMACH

ENTEROGERMINA LIQUID OR ECONORM SACHET TWICE DAILY

SYN LUPITUSS 10 ML SOS, FOR COUGH OR ALEX COUGH SYRUP OR ZEDEX COUGH SYRUP

IMPORTANT NUTRITIONAL SUPPLEMENTS

TAB DEFICURE 300 ONE TABLET DAILY AFTER DINNER X 1 MONTH

TAB MVAASURE ONCE DAILY AFTER MEALS X 1 MONTH

IF MEDICINES UNAVAILABLE CALL : 8181817465

INVESTIGATIONS TO BE DONE AND INFORMED : CBC, KFT , LFT , ESR ,CRP , D DIMER , FERRITIN , IL 6 LEVELS

CONSULT AFTER 5 DAYS OR EARLIER IF REQUIRED , DO NOT STOP TAKING MEDICINES

SUGGESTIONS AND PRECAUTIONS

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TRY TO SLEEP OR LIE IN PRONE POSITION AS MUCH AS POSSIBLE ( NOT FOR PREGNANT FEMALES )

MONITOR SATURATION ( SPO2 ) WITH SATURATION PROBE , IF < 95 % , INFORM , MAY REQUIRE ADMISSION

INFORM IF CHEST PAIN, BREATHING PROBLEM , WEAKNESS , DIZZINESS OR PERSISTENT COUGH OR ANY NEW CONCERN OR WORSENING OF SYMPTOMS

DRINK 3-4 LITRES LIQUIDS PER DAY , UNLESS YOU ARE ON FLUID RESTRICTION DUE TO HEART OR KIDNEY PROBLEMS , ETC

**AVOID** : CANNED JUICES AND PACKAGED SOUPS , SWEETS, COLD DRINKS, ALCOHOL, CIGARETTE SMOKING ,  
ACHAR, CHUTNEY , FRIED FOOD, JUNK FOOD , NOODLES,,MUTTON

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Max Smart Super Speciality Hospital, Saket  
(A unit of Gujarmal Modi Hospital and Research Centre for Medical Sciences)  
(Gujarmal Modi Hospital and Research Centre for Medical Sciences  
registered under the Societies Registration Act XXI of 1860)  
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DINIC Regn. No. -23368

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