



Sunrise Care Hospital

Multispeciality Hospital & Diagnostics



SOLACE HEALTH

OPD 09:00 - 20:00 (Mon-Sat)

Sunday by appointment

Appointments — +91 90000 00000

Dr. Anita Mehra

M.B.B.S, M.D. (Medicine)

Consultant Physician

Reg. No. DMC/R/2014/00000

Shalini Verma

Female · 34y

20 Jul 2026, 21:02

UHID SCH-PT2146

COMPLAINT Palpitations and weight loss for 6 weeks; heat intolerance.

VITALS BP 128/76 · Pulse 104 · Temp 37.2°C · SpO₂ 98% · Wt 51.4 kg

HISTORY k/c/o Rheumatoid arthritis — on methotrexate from Rheumatologist. No known drug allergy.

DIAGNOSIS Hyperthyroidism (off carbimazole 20 days; was on NMZ 10 mg)

Rx PRESCRIPTION

#	MEDICATION	DOSE	FREQUENCY	DURATION	REMARKS · मरीज़ के लिए निर्देश
1	CARBIMAZOLE 10 mg Tablet · Dispense: 90 Tablet	1 tablet	1-1-1 After Meal	1 Month	1 गोली दिन में तीन बार — नाश्ते के बाद, दोपहर के खाने के बाद और रात के खाने के बाद, 1 महीने तक लें।
2	PROPRANOLOL 20 mg Tablet · Dispense: 10 Tablet	1 tablet	1-0-0 After Meal	10 Days	1 गोली — नाश्ते के बाद, 10 दिनों तक लें।

Prescribed by generic (molecule) name — any equivalent brand may be substituted. IMC (Professional Conduct, Etiquette and Ethics) Regulations 2002, clause 1.5.

PRESCRIBED LAB TESTS

- Thyroid Free Hormones (FT3, FT4, TSH)
- CBC with differential
- LFT

INVESTIGATIVE READINGS

TSH	0.034 µIU/mL	LOW	20 Jul'26
Free T4	5.06 ng/dL	HIGH	20 Jul'26
Free T3	20.0 pg/mL	HIGH	20 Jul'26
Tc-99m Thyroid Uptake Scan	s/o Diffuse Toxic Goitre		20 Mar'26

ADVICE

- Coconut water and adequate oral fluids through the day.
- Report immediately if fever with sore throat occurs — stop carbimazole and call the clinic the same day (risk of agranulocytosis).
- Avoid caffeine and strenuous exertion until the pulse settles.

FOLLOW-UP

Wed, 19 Aug 2026 — bring the repeat thyroid profile

TELE-CONSULTATION PRESCRIPTION

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