

Name: Anwar Dudekula Dudekula  
Age/Gender: 34 years/Male

Date: 17 Oct 2022

Dr. Sudheer D (Pulmonologist)

### **Chief Complaints**

Bronchiectasis

### **Allergies**

- Had dust allergy

### **Doctor's Notes**

pt has sounds while breathing in morning for 15 min since 15 days

relived after taking montair lc

aggravated in cold weather

pt had similar problems 6 mnths back intermittently

no comorbidities

pt is allergy to dust , pet sea food( allergy skin test)

### **Diagnosis**

- Allergic airway disease (under evaluation)

### **Diagnostic Test**

- PULMONARY FUNCTION TESTS (Immediate)

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### Prescription

Sl.	Medicine Name	Dosage	Freq.	Duration	Instructions
1.	FORACORT INHALER MDI budesonide 200mcg, formoterol fumarate 6mcg	1 puff	1-0-1	2 weeks	<p>200 mcg Please follow proper instructions on using inhaler.</p> <p>Deep exhalation followed by inhaling 1 puff of the inhaler. Hold breath for 10 seconds and exhale through nose. Gargle with warm saline after 5 minutes of each use.</p> <p><a href="https://youtu.be/GE-MuCZF8Oc">https://youtu.be/ GE-MuCZF8Oc</a></p>

### General Advice

- 1. Adequate rest.
- 2. Avoid cold and refrigerated foods
- 3. Avoid AC environment and blowing wind
- 4. Avoid exposure to dust by covering nose in dusty & smoky areas and at home while cleaning which can irritate the nasal mucosa and worsen the symptoms. Using face mask can help in such environments and also prevent spread of the infection
- 5. Avoid spicy, non-vegetarian, oily food

Disclaimer: The prescription has been issued based on your inputs during chat/call with the doctor. In case of emergency please visit a nearby hospital.



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6. Salt water gargling

**Follow up after 6 Days (on 23rd Oct 2022).**

**Dr. Sudheer D**

MBBS, MD (Respiratory Medicine)

Registration No: APMC 51047

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## Approved Substitute Medicines

If a prescribed medicine is not available then you can take one of the doctor approved substitutes from the list below

Sl.No	Prescribed Medicines	Approved Substitutes	
1	FORACORT INHALER MDI	QUIKHALE-FB MDI <b>OR</b> FORMONIDE NOVOCART POWD FOR INHALATION SOLN <b>OR</b> BUDAMATE TRANSHALER MDI	<b>Warning:</b> Take <b>ONLY ONE</b> of the substitute medicines if <b>FORACORT INHALER MDI</b> is not available

### Dr. Sudheer D

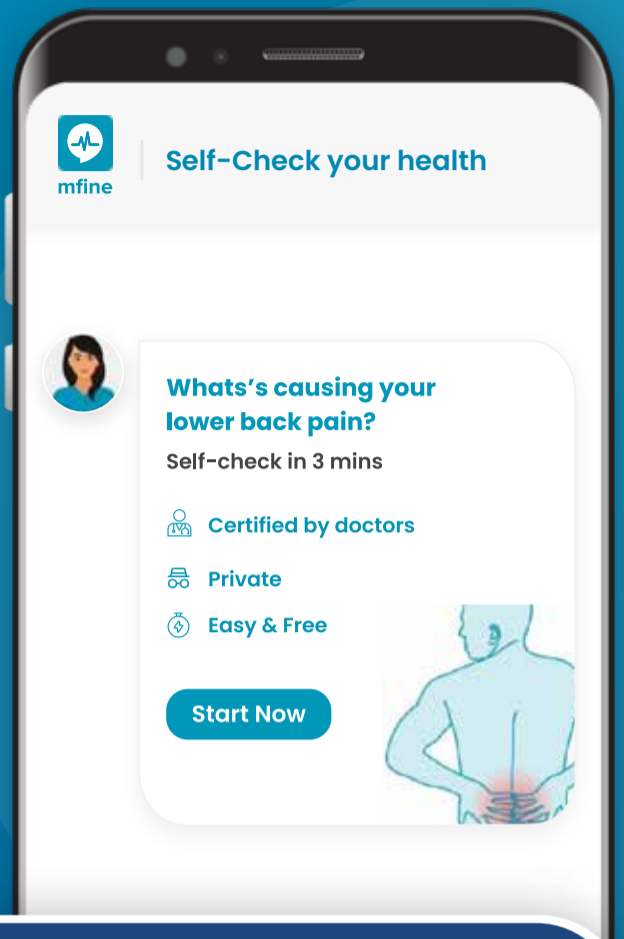
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