



Mr. Ankit kumar
Age - 33yr/Male

22/12/23

Routine checkup

Wt 6/6 ~~6/6~~
6/6 ~~6/6~~

Glasses used
for 15yr
last checked
1yr back

ND
Near ~~ND~~

Color vis. NAG

Reflex NAG

Facilities Available

- Multispeciality Hospital - 24 Hours Emergency - X-Ray/ ECG/ Ultrasound/ CT Scan - Dental - Fully Equipped Operation Theatre
- Fully Functional Lab - 24/7 Casualty/ ICU-Nursery 24/7 Pharmacy - Labour Room - All Speciality OPD - Laproscopic Surgery - ECHO - Plastic Surgery



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Early Morning: -

1/2 tsp of meli done
soaked overnight in a
glass of water

Pre-Spart -

1 Banana + 4-6
soaked almonds

Spart:

1/2 Stuffed roti with
dahi

veg pake
onion (with
veg oil)

leafy veg / paneer

Oats chut
veg oil / veg oil dahi

1/2 tsp dahi ke aur it.

→ fruits (Banana),
→ auro / paneer

Less dr.
1 sopin
- 2 'opp'

2 roti / Rice, dal, veg
rehab dahi

→ Fruits / Sher chone,
→ Matcha
dry water
unmalted

Facilities Available

Dinner.
 7:00 P^m
 7:30 P^m

Chicken any / Dal, veg sabzi
 salad, Sattu seitha.

- Food

Oil - 3-4 tsp }
 ghee - 2 tsp }
 Fats - 1/2 - 1 kg } daily
 Milk - 1 liter } Sattu

which includes ruyky

Foods to be avoided

1. Dairy products
2. Maide preparations
3. Aerated drink
4. Sugar drink
5. Aerated drink.
6. Processed foods
7. Red Meat

P
 0
 1
 5
 0
 0

Lifestyle
 - disease

Nutrition
 0 ←
 -

Despite



Date 22-Dec-2023 11:54
Reg No OC23018421
Patient Name Mr. ANKIT KUAMR
Consultant Dr Sunny Uppal(Medicine)
Print Date 22-Dec-2023 11:54
Token No 0010

Patient No PT203375
Age/ Sex 33 Yrs / M
Mobile 8800824420
Department Medicine

P - 84 min.

B.P - 140/80.

SPO₂ - 98.1.

LDL - 136.


R.

T. Bisbetol 400 mg OD (A.B.F.),

137. discont

Exp. Colascol Masc OD
(after lunch),

x 6 weeks.


Dr. S. Uppal
Dr. Medicine

IN CASE OF EMERGENCY CONTACT MALIK RADIX HEALTHCARE PVT. LTD: 011-49287456/011-61381379

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