



evercare

HOSPITAL DHAKA

Transforming Healthcare



## CONSULTATION SUMMARY

UHID : 1083558 Patient Name : MD. SHAFIKUL ISLAM RAZU

ADVICE : To avoid NSAIDs (Pain killers), Target Blood pressure 120-130/70-80

Advice: No IV Prick on Left hand for prospective A-V Fistula construction.

DIET : Water-1.75 L/day, Protein- 40 gm/day. Low fat & low carbohydrate diet.

Please stop smoking from today.

Please avoid foods rich in uric acid like beans, red meat, all kinds of seeds, spinach, pulses, lentils, cauliflower, Broccoli, cabbage, Nuts.

Pt. & attendant have been briefed elaborately regarding patient's present renal status.

For appointment, please contact on this Number Evercare Hotline 10678 (24 hours)

### PLAN OF CARE

ADV: FOLLOW UP WITH---- CBC, Renal Profile (Sr. Creatinine, Sr. Uric Acid, Sr. Albumin, Sr. Calcium, Inorganic Phosphate, Sr. Electrolytes), Urine R/M/E, Urine for AFB Stain, Urine for Fungal Stain, Urine For C/S.....**FOLLOW UP**

### APPOINTMENT

Next Visit Date : 15/10/2023 12:00PM

ইউরিক এসিড (Uric Acid) বেড়ে গেলে খাওয়া নিষেধঃ  
\* ডাল ও ডাল জাতীয় সব খাবার. বীচি ও বীচি জাতীয়  
সকল খাবার। ছোলা. বুট. মটর, বাদাম. সামুদ্রিক মাছ।  
\* পুঁইশাক, পালংশাক, বেগুন, মাশরুম, ফুলকপি, বাঁধাকপি।  
\* ডিমের কুসুম, কলিজা, মগজ, মাছের ডিম।  
\* গরু, খাসি, হাঁস, পাখির মাংস. মাছের কাঁটা।

\* Please collect your Medicine/Investigation prescription from any Billing counter.  
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\* Please make prior appointment for your next shedule visit. Appointment Cell Center  
Phone no: 880-2-55037242, 880-1713064593, 10678

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Emergency and Appointment Hotline 10678