

**Blanche Zztest**

 Department: **Gwc Internal  
Medicine**

 Description: **68 year old female**

3/10/2008 9:50 AM Office Visit

 Dept Phone: **801-213-9400**

 Provider: **Julie S. Day, MD**
**After Hours Information**

**To reach the physician on call please dial:**  
**Salt Lake City patients: (801) 585-8846**  
**Orem patients: (800) 822-4920**  
**Sugarhouse patients: (801)581-2000**  
**Madsen patients: (801)581-8000**

**Patient Instructions**
**CHF monitoring**

It is your responsibility to carefully monitor yourself and help manage your condition. One important way to do this is to track your weight on a daily basis. Weight gain can be a sign that you are retaining fluid and that the pump function of your heart is worsening. Make sure you weigh yourself at the same time each day and on the same scale, with little to no clothes on. You may notice increased shortness of breath or swelling in your ankles.

If you are gaining water weight, you may be asked to take additional diuretic and potassium for a few days.

Check your feet daily to make sure that there are no open sores and that nails are trimmed and feet are well hydrated. Eucerin cream after bathing is a good way to keep your feet hydrated.

Follow-up

Return in about 3 months (around 6/10/2008).

**Vitals - Last Recorded**

BP	Pulse	Temp (Src)	Resp	Ht	Wt
128/76	72	98 ° F (36.7 ° C) (Oral)	12	5' 7" (1.702 m)	142 lbs (64.411 kg)
SpO2					
95%					

**Medications**
**Outpatient Current Medications 03/10/2008**

Medication	Dosage
LANSOPRAZOLE (PREVACID) 15 MG OR CPDR	1 po qam 30 min before breakfast
HYDROCODONE-HOMATROPINE (HYCODAN) 5-1.5 MG/5ML OR SYRP	TEST MED
ENALAPRIL MALEATE (VASOTEC) 10 MG OR TABS	TEST MED
ONDANSETRON HCL (ZOFRAN) 4 MG OR TABS	one tablet 4 times a day as needed for vomiting
ROSIGLITAZONE MALEATE (AVANDIA) 4 MG OR TABS	1 PO DAILY FOR DIABETES
INSULIN GLARGINE (LANTUS) 100 UNIT/ML SC SOLN	30 units daily
FENOFIBRATE 145 MG OR TABS	1 tab po daily
ATORVASTATIN CALCIUM (LIPITOR) 20 MG OR TABS	1 tab po daily
NEURONTIN 100 MG OR CAPS	1 a day
LISINAPRIL 10 MG OR TABS	asdf
VITAMIN E 400 UNIT OR CAPS	unknown strength 1 capsule daily "for heart"

**Orders**
**We Performed the Following**

BASIC METABOLIC PANEL (CALCIUM,TOTAL)  
HGB A1C  
MICROALBUMIN, QUANTITATIVE  
OFFICE/OUTPT VISIT,EST,LEVEL IV

**Diagnosis**

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CONGESTIVE HEART FAILURE NOS [428.0]  
DIABETES MELLITUS TYPE II-UNCOMPL  
[250.00]

**Allergies as of 3/10/2008**

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Opioid Analgesics	nausea
Ibuprofen	itch
Acetaminophen	
Bee Venom	

**Additional Information:**

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Please call the pharmacy for all your prescription / medication requests.