

My after-visit summary

DIY Primary Care

Dr. Martha Levinson

Internal Medicine

847-123-4567

Name: Marlene Jones **Date of Birth:** 11/12/1959

Date: March 12, 2018

Doctor/Clinician: Dr. Martha Levinson

Reason for my visit: Follow up for high blood pressure and hypothyroidism

We also discussed: Onset of fatigue and insomnia

Doctor Levinson's notes from today's visit

- High blood pressure is well controlled. No change.
- Hypothyroidism: We increased the dose of levothyroxine to 0.3 mg to see if that lessens fatigue/insomnia.
- Exam was normal, but Marlene screened positive for depression on a standard set of questions.

My to-do list:

- Schedule mammogram** at DIY Primary Care, 847-123-4567
- Make appointment** to return for follow up around September 15, 2018. (6 months from today) 847-123-4567
- Make appointment** for repeat blood test for TSH April-May, 2018. (1-2 months from today) Lab: 847-123-4567
- Begin** regular exercise program
- Practice good sleep hygiene:** No TV or bright lights or screens right before bed or in the middle of the night
- Call Drs. office** if fatigue is not resolving

From today's visit:

Allergies: none

Height: 5'6"

Weight: 135 lb.

Temp: 98.7

BP: 128/78

Pulse: 84

Respiration: 16

What we talked about today:

Cut this out and
keep it with you



Marlene Jones

My medications as of March 12, 2018:

Levothyroxine 0.2 mg one by mouth daily
(Synthroid)

Lisinopril 20 mg one by mouth daily
(Zestril)

My resources: DIYprimarycare.com/MLJones031218