

# Quick Care

Digital Healthcare Platform

Dr. Miqdad Ali Khan

Cardiology

doctor2@gmail.com

+92 312 4568732

Patient Name	Age / Gender	Date Issued	Prescription ID
Ahmad Rafay	21 Y / Male	13 May 2026	#00009

## Chief Complaints

Routine check-up for high blood pressure management and occasional shortness of breath after walking

## Primary Diagnosis

### Diagnosed Condition

Essential Hypertension

Rx

## Prescribed Medicines

#	Medicine	Dosage	Frequency	Duration
---	----------	--------	-----------	----------

1	Amlodipine	5mg	1-0-0	30 Days
---	------------	-----	-------	---------

**Note:** Take every morning after breakfast.

2	Rosuvastatin	10mg	0-0-1	30 Days
---	--------------	------	-------	---------

**Note:** Take at night before sleeping.

## Doctor's Advice & Instructions

Reduce salt intake in daily meals. Do a light 30-minute walk every evening. Check blood pressure at home twice a week and keep a log. Recommended Tests: Lipid Profile, ECG.

Dr. Miqdad Ali Khan

Digital Signature