


OPD Summary

UHID	HNH-00005218	Visit No	2606-003130
Patient Name	Mrs KAJAL THAKUR	Visit Date	16-06-2026 10:38 AM
DOB / Age /	31-01-1994 / 32 Y 4 M 16 D / Female	Consultation	First Visit
Doctor Name	Dr. P PRIYADARSHINI		
Department	OBSTETRICS AND GYNECOLOGY		
Specialization			

Ht : 156.00 Cms Wt : 78.20 kg BSA : 1.78 BMI : 32.13 Kg/m2 Syt : 90.00 mm Hg Dia : 60.00 mm Hg

Chief Complaints :

31 Years G4P1L1A1 1 TOP for PPRM , with PGDM on OHA and insulin previous 1 SVB Screen positive for PE at 36 weeks 1day with Abdominal cerclage in situ
 Came for AN visit today
 Happy with movements
 NST done today and it is reassuring
 Monitoring sugars at home and well controlled
 A growth scan was done on 18/5/26 at 32 weeks: SLF, cephalic, EFW: 2060g (66 %centile), AFI: 23.3 cms upper limit of normal, Placenta: Posterior, High
 Fetal and uterine artery doppler: Normal
 Scan done on 8/6/26 at 35 weeks SLIUP, transverse lie, AFI: 21.6 cms normal, Placenta: Posterior, High
 Growth scan on 16/6/26 at 36 wk 1days-cephalic,efw 2932gm,59%,ac 43%,afi 20cm,pla post/high,fetal doppler normal.

Examination :

NO PALLOR AND PEDAL EDEMA
 HEART AND LUNGS CLEAR
 P/A/UT 36wks
 CEPHALIC
 RELAXED
 FHS GOOD
 LIQ EXCESS CLINICALLY

Investigations :

1. NST (NON-STRESS TEST)

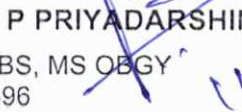
Doctor Recommendations :

Review on 22/6/26 with AFI scan, Weekly NST's Dr. Padmaja mam
 TED stockings
 PAC done 1/6/26
 For elective LSCS on 26/6/26 at 9 am. Admission at 6 AM
 GDM Advice - For Medical Nutritional Therapy for control of blood sugars (Dietician counselling).
 To monitor sugars as a 4-point check, that is fasting, 2 hours after breakfast, lunch, and dinner.
 Aim to maintain sugars < 95 mg/dl in fasting and < 120 mg/dl as a two-hour post-meal value and meet an Endocrinologist.
 Frequency of monitoring: Daily

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16 weeks onwards- Iron and calcium supplements and continue throughout pregnancy.
Iron and calcium should not be taken together. Iron supplements are to be taken before and calcium and Vitamin D after food.
Tab LIVOGEN twice daily 30 minutes before meals.
Tab SHELCAL 500 mg 2 tabs after lunch.
Cap D-Rise 2K once daily after dinner.
Plenty of oral fluids/ Iron rich High protein diet/ physical activity
Avoid spicy food, oily food, and outside food intake.
Review to 4th floor/Emergency SOS if c/o pain abdomen, bleeding p/v, or any other complaints.
For EMERGENCY Contact:9154865024
Explained about FKC. To check movements from 26 weeks. To come immediately if any concerns with the fetal movements.


Dr. P PRIYADARSHINI
MBBS, MS OBGY
63596

16.6.26

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