DUBAI GENERAL HOSPITAL

Department of Cardiology - Discharge Summary

PATIENT DETAILS

Patient name: Fatima Al Hashimi

MRN / File number: DGH-2026-0417

Date of birth: 14/06/1962 (Female, 64 years)

Nationality: United Arab Emirates

Admission date: 20/11/2026

Discharge date: 27/11/2026

Ward: Cardiology Ward B, Bed 7

Attending physician: Dr. Rashid Al Marzouqi, Consultant Cardiologist

DIAGNOSIS

Primary diagnosis: Acute decompensated heart failure (NYHA class III), reduced ejection fraction (LVEF 35%).

Secondary: Type 2 diabetes mellitus, hypertension.

HOSPITAL COURSE

Admitted with 5 days of progressive breathlessness and bilateral leg swelling. Treated with IV diuretics, with good response (weight down 4.2 kg). Echocardiogram showed LVEF 35%. Guideline-directed medical therapy started and up-titrated. Euvolaemic at discharge, walking on the flat without breathlessness.

DISCHARGE MEDICATIONS

1. Furosemide 40 mg tablet - once daily in the morning. Take with a glass of water; weigh yourself every morning.
2. Bisoprolol 2.5 mg tablet - once daily in the morning. Do not stop suddenly.
3. Ramipril 5 mg tablet - once daily at night. May cause dizziness when standing up quickly.
4. Metformin 500 mg tablet - twice daily with breakfast and dinner.
5. Atorvastatin 20 mg tablet - once daily at night.

FOLLOW-UP

- Cardiology clinic (Dr. Al Marzouqi): within 2 weeks of discharge, by 11/12/2026. Bring your weight diary.
- Blood tests (kidney function and potassium): in 1 week, by 04/12/2026, at the outpatient laboratory.
- Diabetes clinic: routine review in 3 months.

WARNING SIGNS - SEEK IMMEDIATE MEDICAL ATTENTION IF YOU HAVE:

- Chest pain or pressure
- Severe shortness of breath, or breathlessness while lying flat
- Weight gain of more than 2 kg in 3 days
- Fainting or near-fainting
- Rapid or irregular heartbeat
- Confusion or severe drowsiness

LIFESTYLE INSTRUCTIONS

- Limit salt to less than 2 grams per day; avoid pickles, processed meat and canned soups.
- Limit fluids to 1.5 litres per day including tea, coffee and soup.
- Weigh yourself every morning after using the toilet and record it.
- Walk for 15-20 minutes daily, increasing gradually as tolerated.

RESTRICTIONS

- Do not lift anything heavier than 5 kg for 2 weeks.
- Do not take ibuprofen, diclofenac or other anti-inflammatory painkillers.
- No driving for 1 week.

ACTIVITIES

- Take all medicines exactly as listed above.
- Check your blood sugar before breakfast and dinner.
- Keep your follow-up appointments.

Prepared by: Dr. Rashid Al Marzouqi | Signed electronically 27/11/2026 10:40 | This is a fictional document for software testing.