Riverside Family Medicine
1420 River Road, Suite 200 · Springfield, IL · (217) 555-0142

RIVERSIDE HEALTH
Patient Care Network

AFTER-VISIT SUMMARY

Sample document — replace with your details

PATIENT	**DATE OF BIRTH**	**MRN**
Margaret Doe	Apr 12, 1948 (78 yrs)	RFM-0048217
DATE OF VISIT	**PROVIDER**	**DEPARTMENT**
June 5, 2026	Dr. A. Chen, MD	Family Medicine

VITALS SNAPSHOT

BLOOD PRESSURE	HEART RATE	TEMPERATURE	WEIGHT
128/78	72	98.4	154
mmHg	bpm	°F	lb

REASON FOR VISIT

Routine follow-up for ongoing management of high blood pressure and diabetes. Margaret reported occasional morning dizziness over the past two weeks and brought her home blood-pressure log for review. No chest pain, shortness of breath, or swelling reported.

ASSESSMENT / DIAGNOSES

I10 — **Essential hypertension**
Stable on current therapy; home readings trending slightly above goal.

E11.9 — **Type 2 diabetes, well-controlled**
Most recent A1c 6.8%. Continue diet, activity, and current medication.

E55.9 — **Vitamin D deficiency**
Mild; supplement started this visit. Recheck level in 3 months.

MEDICATION CHANGES

MEDICATION	CHANGE	INSTRUCTIONS
Lisinopril 20 mg	**Increased from 10 mg**	Take one tablet by mouth each morning.
Metformin 500 mg	**Continue**	Take one tablet twice daily with meals.
Vitamin D3 2000 IU	**New**	Take one capsule daily with food.

Sample — replace with your own medication list. Do not change any medicine without talking to your provider.

YOUR CARE PLAN / INSTRUCTIONS

1. **Check your blood pressure at home**
   Measure once each morning before medication and write it in your log. Bring the log to your next visit.

2. **Stay active**
   Aim for a 20–30 minute walk most days of the week, as comfortable. Stop and rest if you feel dizzy.

3. **Watch your diet**
   Continue limiting added salt and sugary drinks. Keep up the balanced meals discussed at this visit.

4. **Call if symptoms change**
   Contact the clinic if dizziness worsens, or you notice chest pain, severe headache, or unusual swelling.

FOLLOW-UP

NEXT APPOINTMENT

Thursday, Sept 4, 2026 — 10:30 AM

Office visit with Dr. A. Chen. Please arrive 10 minutes early.

LABS BEFORE NEXT VISIT

Hemoglobin A1c · Basic metabolic panel

Fasting not required. Complete at any Riverside lab within 2 weeks of your appointment.

CARE TEAM

Dr. A. Chen, MD
Primary Care Provider

Janet Reyes, RN
Care Coordinator

Riverside Pharmacy
(217) 555-0188

This is a template/sample — it is not medical advice. Replace with your visit details.