



Millennium Cancer Center  
LIFE MATTERS

**Caution: Please consult your Doctor before starting any medication**

Date: May 5, 2021  
Name: John Doe  
Age: 48 M

**MEDICATION SCHEDULE**

**FOR THE COVID EXPOSED AND COVID POSITIVE PATIENTS**

1. **Doxycycline** 100 mg twice per day x **5** days  
**OR**  
**Azithromycin** 500 mg once daily for **3** days
2. **Ivermectin** 12mg once daily for **3** days
3. **Pantoprazole** (Pan-D) 40mg once per day for **14** days
4. **Syrup Grinlinctus** 10ml (2 teaspoon) 3 times per day x **7** days SOS for cough
5. **Dolo** 650 (1 tab) **OR Crocin** 500 mg (2 tab) for fever more than 99°F every 6- 8 hours SOS.
6. **Vitamin C** 500 mg twice per day x **14** days
7. **Zinc Acetate** 50 mg daily for **14** days
8. **Ecospirin** 75 mg daily for **14** days
9. **Montair LC** 1 tablet before bedtime x **14** days
10. **Strepsil / Cofsil** Lozenges every 4-6 hours as needed
11. **Vitamin D** 60000 unit once a week for 4 weeks

**HOME MEASURES**

- a. Strict home isolation.
- b. High protein diet.
- c. Up to 3 liters of noncaffeinated fluid intake.
- d. Contact tracing and testing
- e. Steam and saline gargles twice per day.

**Red flag signs**

- Fever > 101.5°F for more than 3 days
- Pulse Ox Saturation < 92%.

**All Covid-19 positive patients need further blood tests:**

CBC, LFT, KFT, ESR, CRP, IL-6, D-Dimer, Ferritin and Random Blood Sugar.

**Based on the blood test results:**

**If IL- 6 or ESR and CRP or Ferritin are elevated**

1. **Fabiflu** (favipiravir) 1800mg twice per day on first day  
Then 800mg -0 - 800mg till day 7.
2. **Budesonide Inhaler** 2 puffs three times per day X 7days  
**OR**  
Tab **Dexamethasone** 8 mg twice per day x 5 days orally  
**OR**  
Tab **Medrol** 32 mg twice per day x 5 days

**If D-Dimer is positive or more than 500 ng/ml**

3. **Injection Clexane (Enoxaparin)** 40 mg sub cutaneous daily for 14 days  
**OR**  
Tab **Xeralto** 10mg every morning for 14 days  
**OR**  
Tab **Eliquis** 5mg orally for 14 days

**Stop Aspirin (Ecospirin) once either of this is started.**

**Red Flag Signs**

- If Temperature persists more than 101.5 for more than 3 days or
- Pulse Oximeter saturation drops below 92 %

**High Resolution Chest CT scan (HRCT)** is required and contact your Physician for further management.



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**COVID – HOME MONITORING SHEET**

	TIME	SPO2	PULSE	TEMP
DAY 1	8AM			
	2PM			
	8PM			
DAY 2	8AM			
	2PM			
	8PM			
DAY 3	8AM			
	2PM			
	8PM			
DAY 4	8AM			
	2PM			
	8PM			
DAY 5	8AM			
	2PM			
	8PM			
DAY 6	8AM			
	2PM			
	8PM			
DAY 7	8AM			
	2PM			
	8PM			
DAY 8	8AM			
	2PM			
	8PM			
DAY 9	8AM			
	2PM			
	8PM			
DAY 10	8AM			
	2PM			
	8PM			

- Good Hydration and Avoid Exertion - Avoid Spicy and Oily Foods
- Steam Inhalation and Salt Water Gargling
- Prone Position (Lying on Stomach and Face Down) / Lateral Position (Lying On Side) 3-4 hours per day
- Have A Relaxed Mindset and Avoid Stress
- Monitor Once in A Day Spo2 After 3 minutes-walk
- Continue Medication as Prescribed by Your Treating Physician
- If Spo2 < 92% At Rest with Breathing Difficulty or High-Grade Fever, Please Contact Your Physician.