

SAMPLE SUMMARY. ILLUSTRATIVE DATA. NOT A REAL PATIENT.

DOCTOR	DATE & TIME	KNOWN ALLERGIES
Gastroenterology consultant	11 Mar 2026 14:40	Codeine, vomiting. No formal allergy testing on record.
FACILITY	REASON FOR VISIT	SUMMARY PREPARED BY
Gastroenterology outpatient clinic	First appointment. Referred for ongoing digestive symptoms and weight loss	Parent, primary carer

AI SUMMARY

Background

- 19, lives at home, in the second year of a college course and attending part-time since January because of fatigue and dizziness.
- Currently under four teams: rheumatology, cardiology, allergy and immunology, and general practice. This is the first appointment with gastroenterology.
- Referred in November 2025. Sixteen weeks between referral and this appointment, with symptoms worsening across that period.

Rheumatology

- Hypermobile Ehlers-Danlos syndrome confirmed January 2024. Physiotherapy programme ongoing.
- Shoulder subluxation in February 2026, third episode in twelve months.

Cardiology

- Postural orthostatic tachycardia syndrome confirmed on tilt table testing in September 2024. Ivabradine started October 2024 and increased in January 2026.
- Fludrocortisone trialled and stopped after six weeks due to swelling.
- Advised to take three litres of fluid and added salt daily.

Allergy and immunology

- Suspected mast cell activation syndrome recorded October 2025. Twice daily antihistamines started. Reactions logged to heat, exercise and anti-inflammatory painkillers.

Reason for this referral

- Early fullness and nausea after eating since mid 2024, worse over the past six months. Bloating logged on most days since November.
- Weight down six kilograms since September 2025. Now eating five small meals a day with two liquid supplements.
- A prokinetic was trialled by the GP in January with partial benefit. No gastric emptying study has been done.

Care coordination

- Treatment has been changed by three teams in the past twelve months. No shared record exists between them, so each change was relayed verbally at the next appointment.
- Two medicines started by specialists do not appear on the GP repeat prescription list.

Compiled from information logged by the patient or their carer. This is not a clinical record and has not been verified against hospital systems. Please discuss with the treating clinician before drawing clinical conclusions.

MY QUESTIONS

1. She has lost six kilograms since September and is full after a few mouthfuls. Is there a test that shows whether her stomach is emptying properly, and how long is the wait for it?
2. Four teams have changed treatment in the past year. Is there a way for one team to hold the overall plan, or does that sit with the GP?
3. Cardiology advised three litres of fluid and added salt every day for the POTS, and that makes the bloating and nausea worse. Which comes first?
4. Two medicines started in clinic are not on the GP repeat list, so she has run out twice. Who should be prescribing these?
5. Anti-inflammatory painkillers trigger a reaction. What can she take for joint pain instead?



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FLAGGED TEST RESULTS

Date	Test	Result	Units	Flag	Requested by
02/03/2026	Ferritin	9	µg/L	Below range	General practice
02/03/2026	Haemoglobin	11.1	g/dL	Below range	General practice
02/03/2026	Vitamin B12	168	ng/L	Below range	General practice
02/03/2026	Albumin	34	g/L	Below range	General practice
14/01/2026	Coeliac serology, tTG-IgA	Negative	–	Within range	General practice
14/01/2026	Gastric emptying study	Not done	–	Requested, not scheduled	General practice

DIAGNOSIS

Date	Diagnosis	Recorded by
18/02/2026	Recurrent shoulder subluxation	Rheumatology
06/10/2025	Suspected mast cell activation syndrome	Allergy and immunology
12/09/2024	Postural orthostatic tachycardia syndrome	Cardiology
22/01/2024	Hypermobile Ehlers-Danlos syndrome	Rheumatology
30/05/2023	Chronic fatigue, cause not established	General practice
15/03/2022	Iron deficiency anaemia, recurrent	General practice

MEDICATIONS

Medication	Since	Current dosage	Prescribed by
Ivabradine	06/10/2024	7.5mg twice daily	Cardiology
Domperidone	19/01/2026	10mg three times daily	General practice, trial
Cetirizine	06/10/2025	10mg twice daily	Allergy and immunology
Famotidine	06/10/2025	20mg twice daily	Allergy and immunology
Sodium chloride tablets	11/2024	1g three times daily	Cardiology
Ferrous fumarate	04/03/2026	305mg alternate days	General practice
Oral nutritional supplement	12/2025	2 daily	Dietetics
Melatonin	09/2025	3mg at night	General practice
Paracetamol	2022	1g as needed	General practice
Magnesium supplement	01/2026	Not stated	Self-initiated
Electrolyte sachets	11/2024	2 to 3 daily	Self-initiated

Self-initiated entries are shown with the same weight as prescribed medicines, because they carry the same interaction risk. Two of the medicines above do not appear on the current GP repeat list.

FLAGGED SYMPTOMS

Symptom	Dates	Times logged
Nausea after eating	12/09/2025 to 09/03/2026	41
Early fullness	12/09/2025 to 09/03/2026	38
Abdominal bloating	01/11/2025 to 09/03/2026	29
Dizziness on standing	04/01/2024 to 09/03/2026	63
Fatigue	30/05/2023 to 09/03/2026	88
Joint pain	22/01/2024 to 08/03/2026	52
Flushing and itching after heat	06/10/2025 to 02/03/2026	14



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DOCTOR

Rheumatology consultant

DATE & TIME

04 Mar 2026 10:15

KNOWN ALLERGIES

No known drug allergies

FACILITY

Rheumatology outpatient clinic

REASON FOR VISIT

Routine review. Breathlessness and treatment change since last visit

LAST SEEN BY THIS CLINIC

04 December 2025

AI SUMMARY SINCE LAST VISIT

Rheumatology

- **9 Jan:** methotrexate stopped following a respiratory review that raised concern about worsening changes on the lung scan.
- **9 Jan:** prednisolone increased to 20mg with a taper plan to follow.
- **12 Feb:** abatacept approved. First dose given 19 February.
- Morning stiffness has increased from roughly twenty minutes to ninety minutes since methotrexate was stopped.

Respiratory

- **6 Jan:** CT reported progression of interstitial changes compared with the scan in June 2025.
- **6 Jan:** referred to the interstitial lung disease multidisciplinary meeting. The outcome has not been communicated to the patient or the GP.
- **24 Feb:** lung function repeated. Results not yet received.

Bone health

- **20 Jan:** bone density scan showed further loss. Alendronic acid started with calcium and vitamin D.

Current symptoms

- Breathless walking up one flight of stairs since mid January. Dry cough most mornings. Hands stiff and swollen on waking.

Care coordination

- Treatment has been changed by three teams in the past eight weeks. No shared record exists between them, and the lung meeting outcome has not reached either the patient or the GP.
- Two medicines on the current list were started without a prescription and do not appear on any clinic list.

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MY QUESTIONS

1. Since the methotrexate stopped my hands have been much worse, but my breathing has not improved. Was the methotrexate causing the lung changes or not?
2. What was decided at the lung meeting in January? Nobody has been in touch and my GP has not received a letter.
3. I have been on 20mg of steroids since January. What is the plan for reducing them, and what should I watch for now that I am on abatacept?
4. Please check my full medication list for interactions, including the turmeric and glucosamine capsules I buy myself.
5. If my breathing gets worse before the next appointment, who do I contact, rheumatology or respiratory?



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FLAGGED TEST RESULTS

Date	Test	Result	Units	Flag	Requested by
24/02/2026	C-reactive protein	28	mg/L	Above range	Rheumatology
24/02/2026	Haemoglobin	10.8	g/dL	Below range	Rheumatology
24/02/2026	Lung function, repeat	Awaited	-	Result not received	Respiratory
20/01/2026	Vitamin D	32	nmol/L	Below range	Rheumatology
06/01/2026	Forced vital capacity	68	% predicted	Below range	Respiratory
06/01/2026	Gas transfer, DLCO	51	% predicted	Below range	Respiratory

DIAGNOSIS

Date	Diagnosis	Recorded by
20/01/2026	Osteoporosis, steroid related	Rheumatology
14/06/2025	Interstitial lung disease associated with rheumatoid arthritis	Respiratory
02/02/2023	Secondary Sjögren's syndrome	Rheumatology
11/09/2019	Seropositive rheumatoid arthritis	Rheumatology
03/03/2018	Hypertension	General practice

MEDICATIONS

Medication	Since	Current dosage	Prescribed by
Abatacept	19/02/2026	125mg weekly	Rheumatology
Prednisolone	09/01/2026	20mg, taper plan awaited	Rheumatology
Methotrexate	11/2019	Stopped 09/01/2026	Rheumatology
Folic acid	11/2019	Stopped 09/01/2026	Rheumatology
Alendronic acid	20/01/2026	70mg weekly	Rheumatology
Calcium and vitamin D	20/01/2026	1 tablet twice daily	Rheumatology
Omeprazole	09/01/2026	20mg once daily	Rheumatology
Hydroxychloroquine	11/2019	200mg once daily	Rheumatology
Amlodipine	03/2018	5mg once daily	General practice
Turmeric capsules	08/2025	Not stated	Self-initiated
Glucosamine	08/2025	Not stated	Self-initiated

Stopped medicines are retained on the list for twelve months so that a change made by one team remains visible to the others.

FLAGGED SYMPTOMS

Symptom	Dates	Times logged
Breathlessness on exertion	12/01/2026 to 01/03/2026	22
Morning stiffness over 60 minutes	14/01/2026 to 02/03/2026	31
Dry cough	05/01/2026 to 02/03/2026	27
Hand swelling	16/01/2026 to 02/03/2026	19
Dry eyes and mouth	08/02/2023 to 26/02/2026	40
Fatigue	11/11/2019 to 02/03/2026	96

