

InstantHPI

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Patient: Female, 28 years old

Date: 03/27/2026

EDUCATIONAL EXAMPLE — This is what this document would look like. It is NOT an actual prescription, referral, or medical order. A real doctor must issue their own.

Case Summary — Bring This to Your Doctor

History of Present Illness (HPI)

A 28-year-old female presents with recurring severe headaches that began approximately 3 weeks ago. The headaches are described as a throbbing, pulsating pain located primarily on the right side of the head, with occasional radiation to the right eye and temple area. Pain severity is rated 8/10 at peak intensity.

The episodes are preceded by visual disturbances (flashing lights and zigzag patterns) lasting 15-20 minutes. Each headache episode lasts 4-12 hours and occurs 3-4 times per week, representing a significant increase from her baseline of 1-2 episodes per month.

Aggravating factors include bright lights, loud noises, stress, and physical activity. Partial relief obtained with lying down in a dark, quiet room and applying cold compresses. The patient has tried over-the-counter ibuprofen 400 mg with minimal effect.

Associated symptoms include nausea (present with most episodes), occasional vomiting, photophobia, and phonophobia. No fever, neck stiffness, vision loss, weakness, or speech difficulty reported.

Past medical history: seasonal allergies. No prior history of migraines or neurological conditions.

Current medications: cetirizine 10 mg daily for allergies.

Allergies: No known drug allergies.

Not pregnant or breastfeeding.

What a Doctor Would Tell You

Based on your symptoms, you are most likely experiencing migraine with aura. This is a common neurological condition where the brain temporarily overreacts to certain triggers, causing throbbing headaches with warning signs like visual disturbances.

The good news is that migraines are very treatable. You should see a doctor in person within the next 1-2 weeks to confirm the diagnosis and start a proper treatment plan. In the meantime, keep a headache diary — track when they happen, what you ate, how you slept, and your stress level. This helps the doctor find your specific triggers.

The documents below show what a doctor would typically order for your situation. Bring them to your appointment as a starting point for discussion.
