

### **UPDATE since last Appointment.**

- New blood tests lodged for 30/11/23 & 4/1/24.
  - CT Scan – kidney stones and uterus (potential “bulky” findings) lodged.
  - Potassium blood test results lodged.
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### **8 January 2024 – Appointment with Endocrinologist**

Reduced Neo-Mercazole medication from 3 to 2 tablets per day (5mg per tablet) following my blood results of 4/1/24.

Following CT Scan (multiple kidney stones up to 5 mm found), also advised to take an internal pelvic exam for potential “bulky” uterus. Waiting on the results although I was told some fibroids found, but don’t appear to be a concern.

Started diuretic Hygroton/Chlortalidone 25 mg per tablet – ½ tablet per day on 20 January 2024. Have since had a blood test for my potassium levels.

(I am not thrilled about taking this drug, however, following my latest CT scan and my extra kidney stones looking at a way to reduce the calcium level in my body (calcium level has been followed in the last six months of 2023 and remained fairly high). I don’t intend on being on this for too long, but I also don’t fully understand this and hoping it is something we can look at – kidney stones etc. Note from my previous history it is something I have dealt with over the last decade. It actually started just before my 40<sup>th</sup> birthday and I am about to turn 50 on 13/2, so feeling this.

**NOTE:** As discussed Kim, I am looking to come off the contraceptive pill ASAP. I have five more pills to go, and then my period / sugar pills start this coming Saturday. I’d love to discuss this more today in our appointment on the best way to support me as I come off it. I know you mentioned Sepia. I’ve very keen on this.

CARLY DONOVAN