

Quirion, Elizabeth

1/28/26

- Aldaclone 25 mg

↳ Decrease frequency. Only take 1x/day in the morning.

- Duloxetine 30mg ★

→ Take 1 tablet 1x/day for 1 week

→ Then take 1 tablet 2x/day for 2 weeks after

↳ Then call Dr. P after 3 weeks total
(call on 2/16/26)

- start: Hydroxyzine 25mg ★

↳ Take 1-2 tablets at night for sleep

CBD gummies — daily @ night, for sleep