



ALLERGY QUESTIONNAIRE

Patient Name: _____ Date: _____
Address: _____ Date of Birth: _____
City, State, Zip: _____ Home#: _____
Gender (circle one): MALE FEMALE Work#: _____
Primary Care Physician: _____ Referring Physician: _____

Although your history and symptoms are very important in our analysis of your condition, it is also important for us that you understand:

- *We do not treat symptoms or diseases.*
- *Allergy is not a disease, rather a condition.*
- *A symptom is an attempt by your body to tell you something.*
- *We will attempt to find the underlying cause.*
- *We do not use drugs in this program.*
- *There is no single "healthy" diet that will work for everyone.*
- *Just because food is considered "healthy", does not mean it is "healthy" for you.*
- *Your diet consists of everything you eat, drink, rub on your skin, or inhale.*
- *Our procedures are safe and painless.*

Briefly describe the reason for your visit and what you hope to accomplish: _____

AGE WHEN SYMPTOMS WERE FIRST OBSERVED

- | | |
|--|---|
| <input type="checkbox"/> Infant (Age 0-2) | <input type="checkbox"/> Child (Age 3-5) |
| <input type="checkbox"/> Child (Age 6-12) | <input type="checkbox"/> Adolescent (Age 13-18) |
| <input type="checkbox"/> Adult (Age 19-25) | <input type="checkbox"/> Adult (Age 26-40) |
| <input type="checkbox"/> Adult (Age 41 and over) | |

DID YOU SUFFER FROM ANY TYPE OF PHYSICAL, CHEMICAL OR EMOTIONAL TRAUMA JUST BEFORE YOUR SYMPTOMS WERE FIRST OBSERVED? _____

HAVE YOUR SYMPTOMS EVER GONE AWAY FOR ANY PERIOD OF TIME? _____

PREVIOUS DIAGNOSIS OF ALLERGY

- Yes and allergy shots helped
- Yes and medication helped
- None
- Yes but allergy shots did not help
- Yes but medication did not help

FAMILY MEMBERS WITH ALLERGIC SYMPTOMS

- Mother
- Brother/Sister
- Son/Daughter
- None
- Father
- Grandparents
- Spouse

FREQUENCY & SEVERITY OF ALLERGY SYMPTOMS

- Constant/Chronic with little change
- Present part of the time
- Prevents some normal activities
- Slight interference with normal life
- Present most of the time
- Present rarely
- Considerable interference with normal life
- No interference with normal life

SYMPTOMS ARE WORSE

- Outdoors and better indoors
- In the bedroom or when in bed
- During wet or damp weather
- During known pollen seasons
- When exposed to tobacco smoke
- When sweeping or dusting the house
- In air conditioning
- Tobacco smoke bothers me more than anything else
- At nighttime
- During windy weather
- When the weather changes
- In certain rooms or buildings
- With yard work, cut grass, leaves, hay or barns
- In areas with mold or mildew
- In fields or in the country

SYMPTOMS ARE BETTER

- After shower or bath
- Indoors
- After taking antihistamines
- In air conditioning
- During or after physical activity
- With allergy shots

What makes you feel better? _____

ANIMALS, INSECTS AND BIRDS THAT CAUSE SYMPTOMS ON EXPOSURE

- Dogs
- Horses or Cattle
- Bees
- None
- Cats
- Rabbits
- Other _____
- Rodents (mice, guinea pigs, etc.)
- Birds or Feathers

FOOD RELATED SYMPTOMS

- Symptoms flare 5-60 minutes after meals
- The smell or odor of some foods increases symptoms
- Some foods cause swelling of the mouth or tongue
- Some foods cause upset stomach or vomiting
- Symptoms occur with restaurant salad bars or Asian foods
- Symptoms occur with any regularly eaten food
- Preservatives, additives or food coloring increase symptoms
- Some foods are craved or addictive
- Some foods cause nasal symptoms
- Some foods cause rashes or hives
- Some foods cause diarrhea
- Some foods cause headaches
- Some foods cause asthma
- No problem with foods

FOODS THAT CAUSE SYMPTOMS FROM ONE HOUR TO THREE DAYS AFTER EXPOSURE

- Eggs
- Corn
- Peanut
- Shellfish
- Tomato
- Coffee or Tea
- Milk
- Wheat
- Pork
- Orange or other citrus
- Yeast
- Other _____
- Beef
- Soybean
- Fish
- Potato
- Chocolate

None

CHEMICALS THAT CAUSE SYMPTOMS

- Insecticides & pesticides
- Perfumes & cosmetics
- Stove or furnace emissions
- Chemicals in the workplace
- Newsprint
- Paints & household cleaners
- Gasoline or automobiles exhaust
- The smell of new fabrics or fabric store
- Laundry detergent
- Other: _____

None

WHEN ARE YOUR SYMPTOMS WORSE

- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December
- Year around

MEDICATIONS

Do you take any of the following medications on a regular basis?

- Antihistamines (Benadryl, Actifed, Chlortrimeton, Tylenol Sinus, Tylenol Sleep, Dimetapp, Drixoral, Trimalin, Atarax, Claritin, Allegra, Zyrtec, etc)
- Bronchodilators (Albuterol, Ventolin, Proventil, Serevent, or OTS's such as Primatine Mist, etc)
- Steroid Inhalers (Asmacort, Flovent, Pulmicort, Beclovent, Aerobid, Advair, etc)
- Nasal Steroids (Beconase, Flonase, Nasacort, Rhinocort, etc)
- Medications that affect the immune system (Prednisone, Imuran, Methotrexate, Cellcept, Cyclosporine, Tacrolimus, etc)
- Chemotherapy

Please list any medications that you are currently taking: _____

SMOKING

Do you presently smoke? Yes No If yes, average number of cigarettes per day
If yes, at what age did you start? _____

Does anyone smoke in your home? Yes No

PREVIOUS ALLERGY EVALUTION

Have you ever seen an allergist? Yes No
Have you had allergy skin testing? Yes No
Did you have any positive reaction? Yes No
If yes, please list positive allergens (include any medications)

Have you ever received allergy injections? Yes No

WORK ENVIRONMENT

What is your occupation? _____

Are you exposed to chemicals or strong odors at work? Yes No

If yes, briefly explain _____

Are you symptoms worse while at work? Yes No

If yes, briefly explain _____

ANY ADDITIONAL INFORMATION YOU WOULD LIKE US TO KNOW? _____

ANYTHING ELSE YOU WOULD LIKE TO ASK? _____
