

This guide is designed to help you talk with your healthcare professional about symptoms and determine if testing is necessary.

Question 1: What symptoms are present?

<input type="checkbox"/> Runny nose	<input type="checkbox"/> Itchy eyes	<input type="checkbox"/> Itchy mouth	<input type="checkbox"/> Scratchy throat
<input type="checkbox"/> Sneezing	<input type="checkbox"/> Wheezing	<input type="checkbox"/> Difficulty breathing	<input type="checkbox"/> Cough
<input type="checkbox"/> Fatigue	<input type="checkbox"/> Chest tightness	<input type="checkbox"/> Red itchy patches of skin	<input type="checkbox"/> Hives on the skin
<input type="checkbox"/> Diarrhea	<input type="checkbox"/> Abdominal cramps	<input type="checkbox"/> Constipation	<input type="checkbox"/> Lip/eyelid swelling

Question 2: How long have these symptoms been present?

<input type="checkbox"/> Since birth	<input type="checkbox"/> < 1 week	<input type="checkbox"/> > 6 weeks	<input type="checkbox"/> For the past several years
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Question 3: Do symptoms become worse at any time or place?

<input type="checkbox"/> At night	<input type="checkbox"/> In the morning	<input type="checkbox"/> At home	<input type="checkbox"/> In the fall
<input type="checkbox"/> At school/work	<input type="checkbox"/> In the winter or with cold temperatures	<input type="checkbox"/> When sick	<input type="checkbox"/> Other
<input type="checkbox"/> In the spring/summer	<input type="checkbox"/> After eating	<input type="checkbox"/> With exercise	

Based upon your answers above, consider these discussion points with your healthcare professional:

- Patient history, symptoms, physical exam PLUS testing is needed to ensure appropriate diagnosis and management of allergies.
- Specific IgE blood testing for food and/or respiratory allergens is a simple blood test which is readily available and can be ordered by your healthcare professional.
- Results of specific IgE blood tests can help rule in or rule out allergies and together with your healthcare professional determine if or what targeted exposure reduction to specific allergens is necessary.