

## Basic questionnaire on nettle rash (urticaria)

Name:

Date of birth:

Date:

Dear patient,

You have a suspected case of urticaria. This is accompanied by itchy, reddish swellings of the upper skin (wheals/hives) and/or of the deeper skin and mucous membranes (angioedema). To better understand and treat your condition, it is important for us to know how you describe your symptoms, which triggers you suspect and which treatments you have already undergone and with which level of success. Please answer all questions if possible. Thank you very much!

1. Which symptoms (itching, swelling of the skin and mucous membranes) occur and since when?

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2. What is the course of your symptoms and does anyone in the family have similar complaints?

Describe the average duration (minutes/hours/days) of each swelling. Please state how often (e.g. every day/two times a week etc.) and at which sites swellings occur.

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3. Are there any symptoms other than the typical swellings on the skin and mucous membranes that occurred frequently in recent times?

These include e.g.

Fever

Joint pain

Shortness of breath

Headaches

Gastrointestinal problems

Further:

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4. Are you aware of/do you suspect any triggers for your urticaria and if so, which ones?

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5. What medication are you currently taking for urticaria, what dose and how often do you use it and how well does it help?

Preparation: \_\_\_\_\_

Frequency of use: \_\_\_\_\_

Effectiveness:  1  2  3  4  5  6

1 = Very good effectiveness 6 = No effectiveness

6. Which medications do you take regularly or if needed (e.g. for headaches, joint pain or thyroid disorders) in addition to your permanent medication (please enclose medication schedule)?

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