Your consultation checklist

A one-page companion for your visit about recurring hives. Tick as you prepare, and bring it with you. Plain words are enough; this sheet just keeps your story organised.

BREAK the I.T.C.H.

An educational campaign on Chronic Spontaneous Urticaria

NAME (OPTIONAL) _____

DATE OF VISIT _____

DOCTOR / CLINIC _____

BRING WITH YOU

- [ ] A short timeline: when the hives started and how often they return.
- [ ] Every medication, supplement, or home remedy tried, and whether each helped fully, partly, or not at all.
- [ ] Photos of your hives at their worst. Don't rely on a flare appearing in clinic.
- [ ] Notes on how the hives affect your sleep, work, family time, and mood.
- [ ] Other conditions you live with and the medicines you take for them.
- [ ] Your Urticaria Control Test (UCT) score, so your doctor can see how controlled your hives have been.
- [ ] Any previous consultations about your hives, even with a general practitioner, and what was advised.

AFTER YOUR VISIT

- [ ] Write down the doctor's recommendations while they're fresh.
- [ ] Note any new medication and a clear plan for when to follow up.
- [ ] Keep a simple log (date, symptoms, what helped) and bring it next visit.

QUESTIONS TO ASK

- [ ] Could what I'm experiencing be Chronic Spontaneous Urticaria (CSU)?
- [ ] Given what I've told you, what's the next step you'd recommend?
- [ ] Are there tests that would help rule things in or out?
- [ ] If antihistamines are not enough, what other options exist?
- [ ] Should I be seeing a dermatologist or an allergologist for this?
- [ ] What should I watch for between now and my next visit?

MY NOTES

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