Name:

Symptom Diary

Symptoms

- ☐ Itchy rash (like nettle rash)
- ☐ Hives
- ☐ Swelling
  Where: _____
- ☐ Wheeze
- ☐ Short of breath
- ☐ Chest tightness
- ☐ Choking sensation
- ☐ Voice hoarseness
- ☐ Vomiting
- ☐ Diarrhoea
- ☐ Feeling faint / weak
- ☐ Collapse
- ☐ Other symptoms

_____

Treatment required / taken for symptoms

GP visit ☐ **Yes** ☐ **No**
A&E visit ☐ **Yes** ☐ **No**

General circumstances Date: Time: Where

	Food / drink taken	Time
	Medications taken including aspirin, herbal remedies etc	

Any exercise / activity involved? ☐ Yes ☐ No

Continue food & ingredients list overleaf if necessary.

Immunology Department
Beaumont Hospital (June 2010)