

Hives Conversation Starter with Symptom Tracker

I've seen several healthcare providers about my condition and they've told me...

I first experienced hives...

Share when your latest hive flare occurred and the frequency with which you experience them...

Describe your average hive itch intensity (i.e., mild, moderate, severe)...

I have/have not had flares or other chronic episodes in the past...

When I describe my hives, I use these words (e.g., size and shape)...

CIU&YOU

CHRONIC IDIOPATHIC URTICARIA



Share recent photos of your hives for your doctor to better understand their flare, or waxing and waning nature

My hives appear on my body in these places:

I find the most relief from my CIU symptoms when I...

I have seen the following healthcare providers...

I have tried the following to treat my symptoms...

What treatment options are available to help manage my CIU symptoms?

Symptom Tracker Calendar

Tracking your symptoms each day can provide a clear picture to your doctor of your experience with CIU. Take the time each day to rate your symptoms using the scale provided below the calendar to track itch intensity/severity as well as hive size and shape. You can also add notes about your symptoms (e.g., location and size). When you have your appointment, you can let your doctor know that day's rating – and provide details on your CIU symptoms that day.

DATE _____

	Su	Mo	Tu	We	Th	Fr	Sa
Itch Severity: Number of Hives: Notes:							
Itch Severity: Number of Hives: Notes:							
Itch Severity: Number of Hives: Notes:							
Itch Severity: Number of Hives: Notes:							
Itch Severity: Number of Hives: Notes:							
Itch Severity: Number of Hives: Notes:							

Itch Severity

- 0 = none
- 1 = mild
- 2 = moderate
- 3 = severe

Number of Hives

- 0 = none
- 1 = 1 to 6 hives
- 2 = 7 to 12 hives
- 3 = greater than 12 hives