



Make the most of your next doctor visit

Chronic spontaneous urticaria (CSU) means itchy hives, deeper swelling (angioedema), or both, that keep coming back for more than six weeks without an obvious outside cause. Appointments can feel short. This guide helps you show your doctor what CSU is really like for you — so you can decide on next steps together.

How to use this guide

- 1 Fill in the 7-day symptom diary (page 4) in the week before your visit.
- 2 Tick off the appointment checklist (page 2) and take photos of flares.
- 3 Circle the questions you want to ask (page 3) and add your own.
- 4 Take this guide — printed or on your phone — to your appointment.

About me and my CSU

When did my hives or swelling first start?

How often do I get symptoms? (daily / most days / some days)

Where on my body? Do I get swelling of lips, eyes, hands or feet?

What seems to make it worse? (heat, pressure, stress, painkillers, alcohol...)

Treatments I have tried, and how well they worked

How CSU affects my sleep, work or studies, mood and social life (0 = not at all, 10 = a lot)

Get emergency help — call 112 — if you have:

swelling of the tongue or throat · difficulty breathing or swallowing · feeling dizzy or faint

Appointment checklist

Tick each item as you get it ready. Photos matter: hives often fade before you reach the clinic.

**Photos of your hives or swelling**

With the date. Good daylight, no flash, about 30 cm away.

**Your 7-day symptom diary (UAS7)**

Page 4 of this guide, or the online tracker on our website.

**A list of all your medicines and supplements**

Including painkillers and anything you take only sometimes.

**Treatments you have tried for hives**

Name, how long you took it, and whether it helped.

**Possible triggers you have noticed**

Heat, tight clothes, stress, infections, alcohol, painkillers (NSAIDs).

**How CSU affects your daily life**

Sleep, work or study, mood, relationships, confidence.

**Previous test results and prescriptions**

Bring copies if you are seeing a new doctor.

**Your questions, written down**

See page 3 — circle the ones that matter most to you.

**Someone to come with you (optional)**

A family member can help you remember what the doctor says.

Tip: tell your doctor about the impact, not just the rash

Doctors use your symptoms and how much CSU affects your life to decide whether your treatment is working. It is okay to say, "I am not sleeping" or "I have missed work". That information is part of your care.

Questions to ask your doctor

Circle the questions you want to ask. You don't need to ask them all — start with what worries you most.

ABOUT MY DIAGNOSIS

- ☐ Is this chronic spontaneous urticaria or inducible urticaria?
- ☐ Which tests, if any, do I need — and why?
- ☐ Could anything else be causing my symptoms?

ABOUT MY TREATMENT PLAN

- ☐ What treatment options are suitable for me right now?
- ☐ How long before I should expect to see an improvement?
- ☐ What are the next steps if my symptoms are not controlled?
- ☐ Are there side effects I should watch for?

ABOUT LIVING WITH CSU

- ☐ How should I track my symptoms between visits?
- ☐ Are there triggers I should avoid?
- ☐ When should I come back, and when should I seek urgent care?
- ☐ Should I see a specialist (dermatologist or allergist)?

My own questions and notes from the visit

My 7-day symptom diary (UAS7)

Once a day, at about the same time, score your hives and your itch over the last 24 hours. Add both scores for each day, then add the seven days together for your weekly UAS7 score (0–42).

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Hives score (0–3)							
Itch score (0–3)							
Daily total (0–6)							
Swelling? (Y/N)							
Notes / triggers							

My weekly UAS7 score: _____ (add the seven daily totals)

Hives score

- 0 None
- 1 Mild — fewer than 20 hives
- 2 Moderate — 20 to 50 hives
- 3 Intense — more than 50, or large areas

Itch score

- 0 None
- 1 Mild — present but not annoying
- 2 Moderate — troublesome
- 3 Intense — severe, disturbs day or sleep

Your weekly score helps your doctor see how active your CSU is and how well treatment is working. It is a personal record, not a diagnosis. Download more diary pages or use the free online tracker at csu.pairacademy.org.