

Questions your doctor may ask you

How old were they when the symptoms first started?

How quickly do the symptoms develop? LESS THAN 2 HOURS MORE THAN 2 HOURS

How severe are the symptoms? MILD SEVERE
(make a mark along the line to show whether the symptoms are mild or severe)

How long do the symptoms last? MINUTES HOURS DAYS

How often do they occur? MANY TIMES A DAY EVERY DAY A FEW TIMES A WEEK WEEKLY

When do they usually occur? SCHOOL HOME

Do the same symptoms occur every time the child eats a certain food?

YES NO WHAT FOOD/S

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How much of the suspected food does the child need to eat for symptoms to appear?

TRACE SMALL AMOUNT LARGE AMOUNT