



### TOTAL NASAL SYMPTOM SCORE

**PLEASE ANSWER ALL QUESTIONS TO THE BEST OF YOUR ABILITY.** This information will assist us in understanding and treating your symptoms.

1. Please rate how your **nasal congestion** has been over the past:      12 hours      Last 2 weeks

None	0	0
Mild (symptom clearly present but easily tolerated)	1	1
Moderate (symptom bothersome but tolerable)	2	2
Severe (symptom difficult to tolerate – interferes with activities)	3	3

2. Please rate how your **runny nose** has been over the past:      12 hours      Last 2 weeks

None	0	0
Mild (symptom clearly present but easily tolerated)	1	1
Moderate (symptom bothersome but tolerable)	2	2
Severe (symptom difficult to tolerate – interferes with activities)	3	3

3. Please rate how your **nasal itching** has been over the past:      12 hours      Last 2 weeks

None	0	0
Mild (symptom clearly present but easily tolerated)	1	1
Moderate (symptom bothersome but tolerable)	2	2
Severe (symptom difficult to tolerate – interferes with activities)	3	3

4. Please rate how your **sneezing** has been over the past:      12 hours      Last 2 weeks

None	0	0
Mild (symptom clearly present but easily tolerated)	1	1
Moderate (symptom bothersome but tolerable)	2	2
Severe (symptom difficult to tolerate – interferes with activities)	3	3

5. Please rate how **difficult sleep** has been with nasal symptoms:      Last night      Last 2 weeks

None	0	0
Mild (symptom clearly present but easily tolerated)	1	1
Moderate (symptom bothersome but tolerable)	2	2
Severe (symptom difficult to tolerate – interferes with activities)	3	3

**TOTAL SCORE:** \_\_\_\_\_ / \_\_\_\_\_