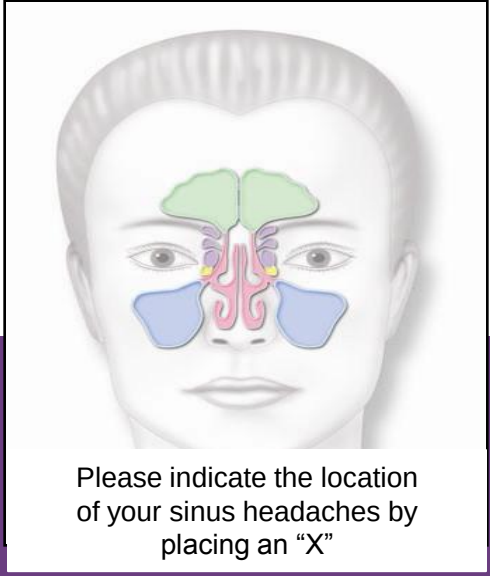
COLDEN SEYMOUR

EAR NOSE THROAT & ALLERGY

SNOT-20 Test Score Total
(Add all numbers below)



Please indicate the location of your sinus headaches by placing an "X"

How did you find us? We want to know.

- ☐ Internet
- ☐ Newspaper
- ☐ Press Release
- ☐ Newsletter
- ☐ Primary Care Physician - Who:_____
- ☐ Word of Mouth
- ☐ TV Ad
- ☐ Other: _____

The following questionnaire is intended to help define your symptoms and provide valuable information and insights for your doctor. Answer the questions, rating to the best of your ability the problems you have experienced over the past two weeks.

Patient Name: _____

Sino-Nasal Outcome Test (SNOT-20)

Date: _____

1. Consider how severe the problem is when you experience it and how frequently it happens, please rate each item below on how "bad" it is by circling the number that corresponds with how you feel. 2. Please mark the most important items affecting your health (maximum of 5 items).	No problem	Very mild problem	Mild or slight problem	Moderate problem	Severe problem	Problem as bad as it can be		5 most important items
1. Need to blow nose	0	1	2	3	4	5		○
2. Sneezing	0	1	2	3	4	5		○
3. Runny nose	0	1	2	3	4	5		○
4. Cough	0	1	2	3	4	5		○
5. Post-nasal discharge	0	1	2	3	4	5		○
6. Thick nasal discharge	0	1	2	3	4	5		○
7. Ear fullness	0	1	2	3	4	5		○
8. Dizziness	0	1	2	3	4	5		○
9. Ear pain	0	1	2	3	4	5		○
10. Facial pain / pressure	0	1	2	3	4	5		○
11. Difficulty falling asleep	0	1	2	3	4	5		○
12. Wake up at night	0	1	2	3	4	5		○
13. Lack of sleep	0	1	2	3	4	5		○
14. Wake up tired	0	1	2	3	4	5		○
15. Fatigue	0	1	2	3	4	5		○
16. Reduced productivity	0	1	2	3	4	5		○
17. Reduced concentration	0	1	2	3	4	5		○
18. Frustrated / restless / irritable	0	1	2	3	4	5		○
19. Sad	0	1	2	3	4	5		○
20. Embarrassed	0	1	2	3	4	5		○