

COULD I HAVE NASAL POLYPS?

If you think you may have nasal polyps, talking with an ear, nose, and throat (ENT) specialist or allergist is the first step. Use this short questionnaire* to assess your symptoms, and take the results to a specialist to help start the conversation.

*This is not a diagnostic tool.
Only your doctor can diagnose your condition.



Check all that apply.

1. What symptoms are you experiencing?

- Nasal congestion Runny nose Post-nasal drip Facial pain/pressure Reduced sense of smell

2. Have you experienced these symptoms for 3 or more months?

- Yes No

3. Do you also have any of the following symptoms?

- Lack of sleep Fatigue Dizziness Ear fullness/pain Frustration/irritability

4. What treatment(s) have you used in the last year?

- Nasal steroid sprays Oral steroids Nasal saline irrigation Nasal steroid irrigation
 Antibiotics Decongestants (oral, nasal) Antihistamines (oral, nasal) Other _____

5. Are you satisfied with the level of symptom relief that you get from your current medication?

- Yes No If no, why not? _____

6. Have you ever had a CT scan of your sinuses or a nasal endoscopy?

- Yes No

7. Have you ever had sinus surgery or been told that you may need sinus surgery or a polypectomy?

- Yes No