

Grade Your Symptoms

Use this helpful tool to pinpoint your symptoms. You can print out and complete this sheet and take it with you to your appointment with your eye doctor.

My allergies:^{1,2}

I experience ...	Often	Sometimes	Never
Itchy eyes	☐	☐	☐
Red eyes	☐	☐	☐
Swollen eyelids	☐	☐	☐
Watery eyes	☐	☐	☐
The feeling of something in my eye	☐	☐	☐
Sensitivity to light	☐	☐	☐

My symptoms are ...	N/A	Mild	Moderate	Severe	Very severe
Itchy eyes	☐	☐	☐	☐	☐
Red eyes	☐	☐	☐	☐	☐
Swollen eyelids	☐	☐	☐	☐	☐
Watery eyes	☐	☐	☐	☐	☐
The feeling of something in my eye	☐	☐	☐	☐	☐
Sensitivity to light	☐	☐	☐	☐	☐

Are my current remedies/medications helping my eye allergy symptoms?	Yes	No
Itchy eyes	☐	☐
Red eyes	☐	☐
Swollen eyelids	☐	☐
Watery eyes	☐	☐
The feeling of something in my eye	☐	☐
Sensitivity to light	☐	☐

References

1. Bielory L, Meltzer EO, Nichols KK, et al. An algorithm for the management of allergic conjunctivitis. Allergy Asthma Proc. 2013;34(5):408–420. doi:10.2500/aap.2013.34.3695.
2. Kari O, Saari KM. Diagnostics and new developments in the treatment of ocular allergies. Curr Allergy Asthma Rep. 2012;12(3):232–239. doi:10.1007/s11882-012-0252-9.