

SYMPTOM QUESTIONNAIRE

Name

Date

SYMPTOM	First visit ✓			
Fatigue: excess need for rest, waking unrefreshed				
General weakness of muscles				
Lethargy: inability to get started				
Migraine				
Other types of headache				
Sensation of pressure inside skull				
Face-ache				
Numbness or tingling				
Hyperactivity				
Restless or fidgety arms or legs				
ringing or whistling in ears				
Pounding heartbeat				
Racing or fluttering pulse				
Flu-like feeling but not actual flu				
Abrupt changes of state from well to unwell				
Generally unwell most of the time				
Sudden chills				
Sudden "hots"				
Can't get to sleep				
Can't stay asleep				
Noises are too loud				
Lights are too bright				
Perfumes are too strong-smelling				
Bizarre shapes and/or colours in field of vision				

Mouth ulcers				
Sore throats				
Heartburn or indigestion				
Abdominal pains of any kind				
Vomiting				
Bloating or discomfort after food				
Colic, bowel cramps				
Passing excessive flatus (wind)				
Irritable bowel				
Looseness or frequency of bowel				
Urgency or incontinence of bowel				
Constipation				
Itch around back passage				
Urgent need to pass water or incontinence				
How often bowels open? (per day/week/month)				

Itch in or around vagina				
Vaginal discharge				
Vulvodynia (pain around or in vagina)				
Frequent cystitis				
Excessively painful periods				
Excessively heavy periods				
Bleeding between periods				
Irregular periods				
Premenstrual tension				
Painful, hard, swollen or leaking breasts				
Rheumatism				

Arthritis				
Spondylosis or spondylitis				
Aching muscles				
Stiffness				
Acute wry neck ("trapped nerves")				
Backache				
Painful skin patches				
Hurt all over; can't stand cuddles				
Involuntary flickering of muscles				
Muscle cramps				
Painful intercourse (males or females)				

Sneezing				
Itchy eyes and/or nose and/or ears				
Watery or runny nose or eyes				
Blocked nose				
Thick mucus at back of nose or throat				
Blocked or painful sinuses				
Mouth breathing				
Inability to breathe while asleep				
"Tonsils and adenoids"				
"Glue ears"				
Recurrent ear infections				
Fluctuating deafness				

Asthma, wheezing				
Cough				
Difficulty in taking satisfyingly deep breaths				
Chest pains				
Swollen tender glands				

Itchy skin rashes				
Skin itch but without rash				
Blotches, hives, nettlerash				
Eczema				
Swellings of face or other parts				
Swellings of tongue, lips or inside mouth or throat				
Fluid retention				
Puffy eyes, fingers, ankles, feet, face				

Overweight				
Underweight				
Alcohol, tobacco or drug addiction				
Food cravings, bingeing				
Eating disorders				
Nausea				

Irritability				
Unexpected swings of mood				
Feelings of depression				
Nervous tension, anxious, scared feelings				
Panic feelings				
Woolly head ("brain fog")				
Difficulty with concentration				
Words won't come, can't finish phrases				
Feelings of detachment, unreality, being an onlooker				
Dizziness, muzzy head				

PLEASE ALSO FILL IN BELOW

Any other symptoms not covered by the questionnaire

All medications you are taking (including oral contraceptives, herbals and supplements)

Have you taken steroids within the last six months?

What diagnosis or diagnoses have you been given?

Names and contact details of any specialists you have seen in last two years

Any 'foreign bodies' such as artificial joints, orthopaedic pins, pacemakers, silicone implants, tattoos, piercings etc

Have you ever taken "broad spectrum antibiotics"?
Have you taken tetracycline or other broad spectrum antibiotics for one month or longer?
Are your symptoms worse on damp, muggy days or in mouldy places?
Do you have a feeling of being "drained" (never/occasional or mild/frequent or moderately/severe)?
Are you bothered by burning, itching or watering of the eyes?
Are you bothered by vaginal burning, itching or discharge (or similar of penis)?
Do you crave sugar?

Add any extra relevant information here in your own words