



Sinus Quiz

Name: _____ Date: _____

Ear Nose & Throat of Lafayette is a firm believer that in order to facilitate a successful sinus treatment, an accurate diagnosis needs to be made first.

This SINUS QUIZ is intended to measure your symptoms along with the frequency and duration they occur. This quiz is simply a tool and can assist with a full diagnosis.

Thank You!

We appreciate you taking the time to fill out the Sinus Quiz!

Please check the box next to the symptom(s) you are experiencing:

- Facial Pressure / Pain
- Headache Pain
- Congestion or Stuffy Nose
- Thick, Yellow-Green Nasal Discharge
- Low Fever (99-100 degrees)
- Bad Breath
- Pain in the Upper Teeth

Frequency and Duration Assessment: Please check the box next to the statement(s) which apply to you:

- I have experienced my symptoms for 10 or more days in the last 12 months.
- I have experienced my symptoms for 12 or more consecutive weeks.

SNOT Test

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Below you will find a list of symptoms and social/emotional consequences of your rhinosinusitis. We would like to know more about these problems and would appreciate your answering the following questions to the best of your ability. Please rate your problems as they have been over the past two weeks. Thank you for your participation.

YOUR TOTAL AFTER TAKING THE TEST

If your total is above 20 or you have answered any of the questions with a severity of 4 or 5, please call our office at 765.807.2784.

Need to blow nose:

0 1 2 3 4 5

Ear pain:

0 1 2 3 4 5

Reduced concentration:

0 1 2 3 4 5

Sneezing:

0 1 2 3 4 5

Facial pain / pressure:

0 1 2 3 4 5

Frustrated / restless / irritable:

0 1 2 3 4 5

Runny nose:

0 1 2 3 4 5

Difficulty falling asleep:

0 1 2 3 4 5

Sad:

0 1 2 3 4 5

Cough:

0 1 2 3 4 5

Wake up at night:

0 1 2 3 4 5

Embarrassed:

0 1 2 3 4 5

Post-nasal discharge:

0 1 2 3 4 5

Lack of a good night's sleep:

0 1 2 3 4 5

Thick nasal discharge:

0 1 2 3 4 5

Wake up tired:

0 1 2 3 4 5

Ear fullness:

0 1 2 3 4 5

Fatigue:

0 1 2 3 4 5

Dizziness:

0 1 2 3 4 5

Reduced productivity:

0 1 2 3 4 5