

Talking About CIU With Your Specialist

If you think you may have chronic idiopathic urticaria (CIU) and have not yet been diagnosed by a specialist, use this discussion guide to help prepare you for your visit. Additionally, it may be a good idea to take photos of your hives at different times during your flare-ups so your doctor may be able to understand your symptoms better.

Questions Your Specialist May Ask You

Space is provided for you to write down your answers in preparation for your visit with your specialist.

When did your hives start?

How often do you have hive flare-ups?

Where do your hives usually show up on your body?

Can you describe your hives?

- How long do they last?
- How many do you get?
- How itchy are they?
- Where do they pop up?
- How long have they been recurring?
- What do they look like—shape/size?

Are you currently taking any medicine for your hives, including antihistamines? If yes, list medications below.

Have you been sick or had an infection lately?

Does anyone in your family have hives or an autoimmune disease?

Have you taken any blood tests or other laboratory tests? If yes, please bring the results to your appointment with your specialist.

Questions to Ask Your Specialist

Space is provided for you to write down any answers or notes discussed during your visit with your specialist.

What is chronic idiopathic urticaria (CIU)?

I'm taking antihistamines. Why am I still having symptoms?

Could I have CIU?

Do I need to take any test for you to diagnose CIU?

Do you think it would be a good idea for me to see another CIU specialist? (If applicable)

What else can I do to manage my symptoms?