

# Sinus Visit Checklist for Nasal Polyps: A Guide for You and Your Doctors

Use this checklist before your next ear, nose, and throat (ENT) or allergy visit. Answer the questions and bring the checklist with you to help you and your doctor talk about your symptoms, concerns, and goals.

## My Symptoms

Check the symptoms you have now. Circle the ones that bother you most.

Stuffy nose (nasal congestion)

Hard to breathe through my nose (nasal blockage)

Mucus dripping down the back of my throat (postnasal drip)

Facial pain or pressure

Headaches

Frequent sinus infections

Snoring or poor sleep

Tired during the day (daytime fatigue)

Other: \_\_\_\_\_

## Smell and taste

Loss of smell or decreased ability to identify certain scents

Loss of taste or decreased ability to identify certain flavors

Right now, I can smell:    Yes, very well    Yes, only a little    No, not at all

## Allergy symptoms (sneezing, runny nose, itchy/watery eyes)

Yes    No    Not sure    I do not have allergies

## Asthma symptoms (cough, wheezing, shortness of breath, chest tightness or pain)

Yes    No    Not sure    I do not have asthma

Have your symptoms changed since your last doctor's visit?    Yes    No

If yes, what changed? \_\_\_\_\_

Is there anything (like allergies or getting sick) that make your symptoms worse?



## How Nasal Polyps Affect My Life

Check all that apply. Circle the biggest problems.

I have trouble sleeping

I avoid social activities

I miss work or school

I cannot exercise like I want to

I feel anxious, stressed, or frustrated

Food is less enjoyable (taste/smell changes)

I have trouble with personal hygiene and smell

Other: \_\_\_\_\_

## My Current and Past Treatments

Check what you use now and what you tried before. If you tried it, did it help?

Nasal rinses and sprays	Using now	Used in the past	Did it help?		
Salt water (saline) nasal rinses			Yes	No	Some
Nasal steroid rinses - adding liquid steroid or compounded steroid (mometasone, budesonide) to a sinus rinse bottle			Yes	No	Some
Nasal steroid sprays (such as Flonase/fluticasone, Nasacort/triamcinolone, Nasonex/mometasone)			Yes	No	Some
Nasal steroid exhalation delivery system (such as Xhance/fluticasone)			Yes	No	Some
Pills, shots, or other treatments	Using now	Used in the past	Did it help?		
Oral steroids (such as prednisone pills)			Yes	No	Some
Steroid implants (such as PROPEL/mometasone)			Yes	No	Some
Anti-leukotriene medications (such as Singulair/montelukast, Zflo/zileuton)			Yes	No	Some
Aspirin desensitization (for patients with aspirin-exacerbated respiratory disease or Samter's Triad)			Yes	No	Some
Biologic treatments (Dupixent, Nucala, Xolair, Tezspire)			Yes	No	Some
Antibiotics (such as amoxicillin, azithromycin, doxycycline)			Yes	No	Some
Allergy shots or allergy tablets (immunotherapy)			Yes	No	Some
Other: _____			Yes	No	Some

**Do you have side effects:** Yes No

If yes, explain: \_\_\_\_\_

**Do you have other treatment concerns (cost, time, convenience):** Yes No

If yes, explain: \_\_\_\_\_

## My Sinus Surgery History

Have you had sinus surgery before?      Yes      No

If yes:

When? \_\_\_\_\_

How many times? \_\_\_\_\_

Was surgery helpful?      Yes      No      Somewhat/temporarily

Did polyps come back?      Yes      No      Not sure

If polyps came back, about how long after surgery? \_\_\_\_\_

Concerns about surgery (if any): \_\_\_\_\_

## Choosing a Treatment: What Matters Most to Me

**Check all that apply.**

I want to avoid or delay surgery

I want to avoid or limit oral steroids (like prednisone)

I want fewer medicines overall

I want fewer side effects

Cost/insurance coverage

Convenience (fewer doctor visits, easier routine)

I want long-term control of polyps

I want relief quickly. Which symptoms matter most? \_\_\_\_\_

Other: \_\_\_\_\_

## My Questions for This Visit

**What are your main goals, concerns, or questions about your condition or treatments?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Topics I Want to Learn More About (Optional)

New treatments to try

How nasal polyps connect to asthma or allergies

Managing symptoms during allergy season

Sinus surgery options and what to expect

Preventing polyps from returning after surgery

Biologic medicines (who they are for, how they work)

Finding an ENT or allergist near me

Support groups or online communities

Clinical trials

Other: \_\_\_\_\_

## My Next Steps (Fill Out During or After Your Visit)

Follow-up appointment: \_\_\_\_\_

New treatment(s) to try: \_\_\_\_\_

Referrals (to ENT, allergist, or other): \_\_\_\_\_

Tests or imaging ordered: \_\_\_\_\_

Other: \_\_\_\_\_

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### Recommendations for self-care or lifestyle changes to try:

Using a humidifier

Using air purifiers or improving indoor air quality

Quitting smoking or avoiding secondhand smoke

Avoiding suspected allergens or airway irritants (such as pollen, dust, pets)

Dietary changes (avoiding certain foods or drinks)

Tracking symptoms in a journal or app

Stress support (breathing exercises, mindfulness)

Wearing a mask around triggers

Sleeping with head elevated/raised

Other: \_\_\_\_\_

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About 1 to 2 out of every 100 adults have nasal polyps. This means millions of people face the daily struggle to breathe easily or get a good night's rest.

AAFA's nasal polyps information center helps support you through your journey of managing nasal polyps:

- Learn self-care tips and how to treat nasal polyps from top experts.
- Gain confidence to advocate for yourself.
- Explore the latest health care options.
- Break through isolation and connect with others who share lived experiences with nasal polyps.

Visit [aafa.org/nps](https://aafa.org/nps) to take the first step toward better breathing and peaceful rest.



Asthma and Allergy  
Foundation of America