

YOUR DAILY TRACKER.

THIS TRACKER BELONGS TO

Initials:

Doctor:

Hospital:

The purpose of this booklet is to track symptoms.
This resource has been produced and funded by Novartis Pharmaceuticals UK Ltd.
This booklet contains the Urticaria Activity Score (UAS7)



The weekly Urticaria Activity Score (UAS7) calculator
measures the number of hives and the severity of itch you
experience daily, and can be completed in four simple steps.

- STEP 1.** Score your hives and itch every day.
- STEP 2.** Your daily scores are added together in the third column.
- STEP 3.** At the end of each week, you will get your final UAS7 score at the bottom of the table.
- STEP 4.** There's also some extra space for you to note down any other medications you are taking, as well as a section to help you review and reflect on your month.

↘ UAS7 Severity table

HIVES / 24HRS		ITCH / 24HRS	
Score	Definition	Score	Definition
0	No hives	0	No itch
1	Less than 20 hives	1	Mild itch (present, but not troublesome)
2	Between 20 and 50 hives	2	Medium itch (troublesome, but no significant impact on daily activities or sleep)
3	More than 50 hives	3	Severe itch (intense itching, with a significant impact on daily activities or sleep)

WEEKLY OVERVIEW 1

UAS7 week commencing

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	HIVES SCORE	ITCH SCORE	SUM OF SCORES FOR HIVES & ITCH
Mon			/ 6
Tue			/ 6
Wed			/ 6
Thu			/ 6
Fri			/ 6
Sat			/ 6
Sun			/ 6
TOTAL UAS7 SCORE FOR THE WEEK			/ 42


WEEKLY OVERVIEW 2

UAS7 week commencing


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	HIVES SCORE	ITCH SCORE	SUM OF SCORES FOR HIVES & ITCH
Mon			/ 6
Tue			/ 6
Wed			/ 6
Thu			/ 6
Fri			/ 6
Sat			/ 6
Sun			/ 6
TOTAL UAS7 SCORE FOR THE WEEK			/ 42

ANTIHISTAMINES TAKEN AND DOSAGE



ANTIHISTAMINES TAKEN AND DOSAGE



WEEKLY OVERVIEW 3

UAS7 week commencing

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	HIVES SCORE	ITCH SCORE	SUM OF SCORES FOR HIVES & ITCH
Mon			/ 6
Tue			/ 6
Wed			/ 6
Thu			/ 6
Fri			/ 6
Sat			/ 6
Sun			/ 6
TOTAL UAS7 SCORE FOR THE WEEK			/ 42

WEEKLY OVERVIEW 4

UAS7 week commencing

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	HIVES SCORE	ITCH SCORE	SUM OF SCORES FOR HIVES & ITCH
Mon			/ 6
Tue			/ 6
Wed			/ 6
Thu			/ 6
Fri			/ 6
Sat			/ 6
Sun			/ 6
TOTAL UAS7 SCORE FOR THE WEEK			/ 42

ANTIHISTAMINES TAKEN AND DOSAGE

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ANTIHISTAMINES TAKEN AND DOSAGE

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REPORTING SIDE EFFECTS

If you get side-effects with any medication you are taking, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the information leaflet that comes in the pack. You can report side effects via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/> (UK). By reporting side effects you can help provide more information on the safety of your medication.