

ALPHA GAL PAL

www.thealphagalpal.com

Date of Appointment _____

Date of tick bite _____

Location of bite _____

Alpha-Gal IGE blood test results _____

Are You Experiencing ...

Common Alpha-Gal Allergy Reactions

- Hives or itching with or without a rash
- Abdominal cramps or pain
- Nausea or vomiting
- Diarrhea
- Fatigue or tiredness
- Swelling (face, lips, tongue, throat)
- Shortness of breath or wheezing
- Dizziness or lightheadedness
- Anaphylaxis (severe reaction)

◆ _____

Notes, questions, and other symptoms to ask about

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Less Recognized Alpha-Gal Allergy Reactions

- Brain fog or memory lapses
- Tinnitus (ringing in the ears)
- Heart palpitations or racing heart
- Edema (swelling of the legs hands or feet)
- Joint pain or muscle aches
- Frequent urination or urgency
- Sinus congestion or pressure