

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

Less Recognized Alpha-Gal Allergy Reactions

- | | |
|---|--|
| <input type="checkbox"/> Brain fog or memory lapses | <input type="checkbox"/> Joint pain or muscle aches |
| <input type="checkbox"/> Tinnitus (ringing in the ears) | <input type="checkbox"/> Frequent urination or urgency |
| <input type="checkbox"/> Heart palpitations or racing heart | <input type="checkbox"/> Sinus congestion or pressure |
| <input type="checkbox"/> Edema (swelling of the legs hands or feet) | |