Worked sinus symptom summary

Fictional example / 7 to 20 September

Why I booked

I’d like help understanding the recent increase in morning blockage.

Dates and coverage

7–20 September. I recorded 11 of 14 mornings.

Main pattern

Blockage was worse than my usual on 2 of 5 recorded mornings in week one and 4 of 6 in week two. Three week-two entries mentioned the left side felt more blocked. I’m unsure what happened on the three missed mornings.

Daily impact

I woke overnight on 10 September and felt tired at work the next day.

What I used

I recorded saline rinses on 9 and 16 September. I felt clearer after the first. I didn’t record a follow-up after the second.

My questions

What would you check to understand why it’s often worse on the left? What should I keep recording before we review it?

Next step and who will arrange it

Space to fill during the appointment.

Personal observations only. Not clinically reviewed. These sheets do not diagnose symptoms or replace your care team’s instructions. Do not delay care to complete a diary.