

YOUR MONTHLY TRACKER.

UCT

The purpose of this journal is to track symptoms of chronic urticaria (CU) and chronic spontaneous urticaria (CSU). It has been produced and funded by Novartis Pharmaceuticals UK Ltd, and contains the Urticaria Control Test (UCT), adapted within licence.
Reference: Weller K, et al. J Allergy Clin Immunol 2014;133(5):1365–1372.

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THIS TRACKER BELONGS TO

Initials:

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Doctor:

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Hospital:

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This material is intended for patients in the United Kingdom who are already prescribed Xolair® (omalizumab).

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 Control Test (UCT).

Information on how to report side effects can be found on the last page of this booklet.

Please refer to your Patient Information Leaflet for more information. Discuss any questions you may have with your healthcare professional.



» Some time to reflect on your month «

**The monthly Urticaria Control Test (UCT) will help you
assess how well controlled your urticaria is over a 4-week
period, with just four simple questions to complete.**

Each question is scored from 0-4. These scores are then added up to give you a score out of 16. A low score (e.g. below 12) represents poor control. If the scoring system isn't showing the full extent of how you're feeling, please use the note space provided. There are also some prompts to help you discuss any coping mechanisms and future goals, all of which will give your healthcare professional a better insight into your urticaria.

UCT QUESTIONNAIRE

Answer each of the questions below and you will get your total UCT score out of 16, with a low score representing a greater impact.

Q1	How much have you suffered from the physical symptoms of the urticaria (itch, hives (welts) and/swelling) in the last 4 weeks?				
	<div>0</div> <div>VERY MUCH</div>	<div>1</div> <div>MUCH</div>	<div>2</div> <div>SOMEWHAT</div>	<div>3</div> <div>A LITTLE</div>	<div>4</div> <div>NOT AT ALL</div>
Q2	How much was your quality of life affected by the urticaria in the last 4 weeks?				
	<div>0</div> <div>VERY MUCH</div>	<div>1</div> <div>MUCH</div>	<div>2</div> <div>SOMEWHAT</div>	<div>3</div> <div>A LITTLE</div>	<div>4</div> <div>NOT AT ALL</div>
Q3	How often was your urticaria treatment in the last 4 weeks not enough to control your urticaria symptoms?				
	<div>0</div> <div>VERY OFTEN</div>	<div>1</div> <div>OFTEN</div>	<div>2</div> <div>SOMETIMES</div>	<div>3</div> <div>SELDOM</div>	<div>4</div> <div>NOT AT ALL</div>
Q4	Overall, how well have you had your urticaria under control in the last 4 weeks?				
	<div>0</div> <div>NOT AT ALL</div>	<div>1</div> <div>A LITTLE</div>	<div>2</div> <div>SOMEWHAT</div>	<div>3</div> <div>WELL</div>	<div>4</div> <div>VERY WELL</div>
TOTAL UCT SCORE				/ 16	

WHAT HELPED YOU THROUGH THIS MONTH?

Whether it's binge watching a boxset or a top tip to soothe your pain? Let your doctor know.



GOALS FOR NEXT MONTH?

There's no goal too big or too small. Even if it's getting a good night's sleep. Let's make it happen.

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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 **www.mhra.gov.uk/yellowcard**. By reporting side effects, you can help provide more information on the safety of your medication.