

Are you a candidate for the Balloon Sinuplasty™ system?

The following questionnaire is intended to help define your symptoms and provide valuable information and insights for your doctor. Answer the questions, rating to the best of your ability the problems you have experienced over the past two weeks - and bring in to your physician on your next visit.

Sino-Nasal Outcome Test (SNOT-20)

©1996 by Jay F. Picirillo, M.D., Washington University School of Medicine, St. Louis, Missouri

| 1. Consider how severe the problem is when you experience it and how frequently it happens, please rate each item below on how "bad" it is by circling the number that corresponds with how you feel. 2. Please mark the most important items affecting your health (maximum of 5 items). | No problem | Very mild problem | Mild or slight problem | Moderate problem | Severe problem | Problem as bad as it can be | 5 most important items |
|--|------------|-------------------|------------------------|------------------|----------------|-----------------------------|------------------------|
| 1. Need to blow nose | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 2. Sneezing | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 3. Runny Nose | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 4. Cough | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 5. Post-nasal discharge | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 6. Thick nasal discharge | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 7. Ear fullness | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 8. Dizziness | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 9. Ear pain | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 10. Facial pain / pressure | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 11. Difficulty falling asleep | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 12. Wake up at night | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 13. Lack of sleep | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 14. Wake up tired | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 15. Fatigue | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 16. Reduced productivity | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 17. Reduced concentration | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 18. Frustrated / restless / irritable | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 19. Sad | 0 | 1 | 2 | 3 | 4 | 5 | ○ |
| 20. Embarrassed | 0 | 1 | 2 | 3 | 4 | 5 | ○ |