### Presenting Symptoms
- Nasal congestion
- Sneezing
- Rhinorrhea (clear or colored may exist, though colored rhinorrhea may indicate a co-morbid disease process with AR)
- Itching of nose, eyes, palate
- Post-nasal drip
- Frequent throat clearing
- Cough
- Malaise (may be presenting complaint in children)
- Fatigue (may be presenting complaint in children)

### Historical Findings
- Seasonal vs. perennial nature of symptoms
- Symptoms on exposure to particular agent (animals, particular plants)
- Current medications
- Family history of atopic or allergic disease
- Symptoms on exposure to irritants (makes allergic etiology less likely)
- Symptoms of upper respiratory infection (makes allergic etiology less likely)

### Physical Findings
- Clear rhinorrhea (clear or colored may exist, though colored rhinorrhea may indicate a co-morbid disease process with AR)
- Bluish or pale swelling of nasal mucosa
- Ocular findings (watery discharge, swollen conjunctivae, scleral injection)
- Frequent throat clearing
- Allergic shiners
- Nasal crease
- Absence of foreign body, tumor, purulence suggesting infection

Table 6: History and Physical Findings in Allergic Rhinitis from Clinical Practice Guideline: Allergic Rhinitis


---

**ABOUT THE AAO-HNS/F**

The American Academy of Otolaryngology–Head and Neck Surgery (AAO-HNS) represents approximately 12,000 specialists worldwide who treat the ear, nose, throat, and related structures of the head and neck. The AAO-HNS Foundation works to advance the art, science, and ethical practice of otolaryngology–head and neck surgery through education, research, and lifelong learning.