



Pollenfluginfo: [www.lorano.de](http://www.lorano.de)

**\$Vorname#, \$Nachname#**    **Monat:**    **Jahr:**    **Beschwerden: 1 = leicht, 2 = mittel, 3 = stark**

|    | Auge:    |             |        | Nase:    |                 |                 | Lunge: |        |         |    | Medikament            | Verabreicht         | Bemerkungen  | Peak-Flow      |
|----|----------|-------------|--------|----------|-----------------|-----------------|--------|--------|---------|----|-----------------------|---------------------|--|----------------|
|    | Juckreiz | Tränenfluss | Rötung | Niesreiz | Fließ-schnupfen | Verstopfte Nase | Husten | Giemen | Atemnot |    | Name des Medikamentes | Wie oft? Dosierung? | Krankheit, Urlaub, Allergenexposition (Pollenflug, Tierkontakte) | Morgens/abends |
| 1  |          |             |        |          |                 |                 |        |        |         | 1  |                       |                     |  |                |
| 2  |          |             |        |          |                 |                 |        |        |         | 2  |                       |                     |  |                |
| 3  |          |             |        |          |                 |                 |        |        |         | 3  |                       |                     |  |                |
| 4  |          |             |        |          |                 |                 |        |        |         | 4  |                       |                     |  |                |
| 5  |          |             |        |          |                 |                 |        |        |         | 5  |                       |                     |  |                |
| 6  |          |             |        |          |                 |                 |        |        |         | 6  |                       |                     |  |                |
| 7  |          |             |        |          |                 |                 |        |        |         | 7  |                       |                     |  |                |
| 8  |          |             |        |          |                 |                 |        |        |         | 8  |                       |                     |  |                |
| 9  |          |             |        |          |                 |                 |        |        |         | 9  |                       |                     |  |                |
| 10 |          |             |        |          |                 |                 |        |        |         | 10 |                       |                     |  |                |
| 11 |          |             |        |          |                 |                 |        |        |         | 11 |                       |                     |  |                |
| 12 |          |             |        |          |                 |                 |        |        |         | 12 |                       |                     |  |                |
| 13 |          |             |        |          |                 |                 |        |        |         | 13 |                       |                     |  |                |
| 14 |          |             |        |          |                 |                 |        |        |         | 14 |                       |                     |  |                |
| 15 |          |             |        |          |                 |                 |        |        |         | 15 |                       |                     |  |                |
| 16 |          |             |        |          |                 |                 |        |        |         | 16 |                       |                     |  |                |
| 17 |          |             |        |          |                 |                 |        |        |         | 17 |                       |                     |  |                |
| 18 |          |             |        |          |                 |                 |        |        |         | 18 |                       |                     |  |                |
| 19 |          |             |        |          |                 |                 |        |        |         | 19 |                       |                     |  |                |
| 20 |          |             |        |          |                 |                 |        |        |         | 20 |                       |                     |  |                |
| 21 |          |             |        |          |                 |                 |        |        |         | 21 |                       |                     |  |                |
| 22 |          |             |        |          |                 |                 |        |        |         | 22 |                       |                     |  |                |
| 23 |          |             |        |          |                 |                 |        |        |         | 23 |                       |                     |  |                |
| 24 |          |             |        |          |                 |                 |        |        |         | 24 |                       |                     |  |                |
| 25 |          |             |        |          |                 |                 |        |        |         | 25 |                       |                     |  |                |
| 26 |          |             |        |          |                 |                 |        |        |         | 26 |                       |                     |  |                |
| 27 |          |             |        |          |                 |                 |        |        |         | 27 |                       |                     |  |                |
| 28 |          |             |        |          |                 |                 |        |        |         | 28 |                       |                     |  |                |
| 29 |          |             |        |          |                 |                 |        |        |         | 29 |                       |                     |  |                |
| 30 |          |             |        |          |                 |                 |        |        |         | 30 |                       |                     |  |                |
| 31 |          |             |        |          |                 |                 |        |        |         | 31 |                       |                     |  |                |