



## Gaudiani Clinic Mast Cell Activation Syndrome “RASH-PF” Mini-Screen

Use this mini-screen to determine if a patient who does not currently carry the diagnosis of mast cell activation syndrome (MCAS) should proceed to fill out the whole questionnaire:

**REACTIONS:** Do you feel you have physical reactions to foods, medications, scents, or body products?

Yes                      No

**ALCOHOL:** When you drink alcohol or use alcohol-based products like hand sanitizer, do you get flushed, itchy, have abdominal pain/distress, worsened mood, joint pains, or feel “flu-ish”?

Yes                      No

**SKIN:** Do you often get rashes, hives, or itchy skin?

Yes                      No

**HEAT:** Do you feel unwell, swollen, rashy/itchy, or fatigued after spending time in the heat or sun?

Yes                      No

**PAIN:** Do you experience pain regularly, especially joint, digestive, head, or muscle pain?

Yes                      No

**FATIGUE:** Do you feel chronically or frequently unexpectedly fatigued?

Yes                      No

If the patient says yes to 3 or more, proceed to full MCAS Questionnaire.