

Table 1

Self-help advice

- Patients should avoid aggravating factors such as heat, tight clothing, alcohol and NSAIDs
- If symptoms are intermittent, a food diary may reveal any correlation with food
- Patients should be made aware that if they have an acute problem with breathing or swallowing they should seek urgent medical advice
- Drowsiness as a result of antihistamine therapy (particularly if combined with alcohol consumption) may affect ability to drive or undertake other skilled tasks