

# TOENAIL FUNGUS QUESTIONNAIRE

Complete this checklist to prepare for your doctor's consultation. [See the symptom checker tool for help.](#)

	YES	NO
My toenail is flaky, brittle or crumbly	<input type="radio"/>	<input type="radio"/>
My toenail has become thicker	<input type="radio"/>	<input type="radio"/>
My toenail is partly or entirely discoloured (typically a creamy, white, yellow or orange colour)	<input type="radio"/>	<input type="radio"/>
There is debris under my nail	<input type="radio"/>	<input type="radio"/>
I experience discomfort or pain, as my toenail is deformed and rubs against the inside of my shoe	<input type="radio"/>	<input type="radio"/>
I have some difficulty walking due to my deformed toenail	<input type="radio"/>	<input type="radio"/>
These symptoms are spreading to other toenails	<input type="radio"/>	<input type="radio"/>

If you have checked any of these boxes, you may have a toenail fungus infection.  
For help describing your symptoms, show this questionnaire to a doctor.

**BE PREPARED TO ANSWER THESE QUESTIONS THE DOCTOR MAY ALSO ASK YOU:**

How long have you had these symptoms?

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What medications are you are currently taking, if any?

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Do you have any allergies?

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Do any of the following apply?

- I am pregnant or breastfeeding
- I have diabetes
- I have peripheral vascular disease (poor circulation)
- I have athlete's foot, psoriasis, eczema or bacterial infection of the nail(s)
- I have other medical conditions (cancer, poor vision, liver problems or HIV infection)

Do you have a lifestyle that may expose you to the fungi that can cause nail infections?

(For example, do you frequent a gym or pool where the types of fungi that cause nail infections are commonly found?)

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Do you share nailcare and other personal care items in the home?

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**WHAT TO ASK THE DOCTOR**

Ask your doctor for:

- Ways to manage the condition
- Lifestyle changes that can help during treatment