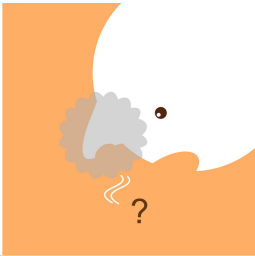


# Keeping track of my smell loss

Have your helper present the items to you, one by one. Tick as many boxes as are relevant. If you have any comments, ask your helper to record them. Don't remove the blindfold until you are finished.

| Item                | Not aware of the smell at all | Aware of something very very faint, but that's all | I can smell something, but it doesn't make sense to me. | The item smells very distorted and unpleasant to me | I am able to identify the smell | Comment? |
|---------------------|-------------------------------|--|---|---|---------------------------------|----------|
| Example: lemon rind |                               |  |   |   |                                 |          |
|                     |                               |  |   |   |                                 |          |
|                     |                               |  |   |   |                                 |          |
|                     |                               |  |   |   |                                 |          |
|                     |                               |  |   |   |                                 |          |
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|                     |                               |  |   |   |                                 |          |
|                     |                               |  |   |   |                                 |          |



## Self Assessment

### How's my sense of smell?

Not everyone has access to a specialist clinic where they can have their sense of smell tested. Here's an easy way to get an idea about where you are now with your smell loss.



**Contact details**  
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© AbScent is a charity registered in England and Wales No. 1183468  
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## Use this simple self assessment test to determine where your sense of smell is today.

This will be helpful before you start smell training. You can then take the test again at a later date and see if you notice any changes.

Today's date:

### Some questions:

1. I can tell the difference between salt and sugar Y/N
2. I can taste vinegar Y/N
3. My food tastes different than it should and odours that are pleasant to others are unpleasant to me Y/N
4. I sometimes smell things that other people can't smell. People tell me there is no smell present. Y/N
5. I can detect some sort of vague smells, but I can't make sense of them



**Questions 1 & 2:** If you answered yes to these questions, your sense of "true taste" is probably healthy. To understand more about the difference between our sense of taste and sense of smell, please see <https://abscent.org/resources/Glossary>. If you answered no, you should ask your doctor for more information about taste disorders (dysgeusia).

**Question 3:** If you answered yes to this question, you may have parosmia.

**Question 4:** If you answered yes to this question, you may have phantosmia.

**Question 5:** If you answered yes, you have some very minimal function of your sense of smell.



For the next part of the self assessment you will need someone to help you. You will also need a blindfold. Find five items on this list—feel free to choose other substances with a strong smell that you might have to hand. These are just recommendations:

Vanilla  
Ground coffee/coffee granules  
A piece of lemon rind  
A sprig of rosemary/thyme/mint/sage or other herb. You can also use dried, though these are less smelly  
A dab of toothpaste  
A drop of washing up liquid/ laundry soap  
Some shoe polish  
Mustard/ketchup/brown sauce

**Put on the blindfold.** Have your helper do the next part. If the things you choose are liquid or paste, have them put a bit of it on the end of a spoon. For the herbs and lemon rind, just have your helper hold these items near your nose.

You should not be able to see or touch the items. Now ask your helper to present the items to you, one by one. Take your time. Using the form on the back of this leaflet, ask your helper to record your answers in the table. Don't remove the blindfold until you are finished.

Keep these results in a safe place. Do the self assessment again in a few months, after you have been smell training. Use the same things again to test your sense of smell. See if you notice any changes.