If you suffer from chronic heartburn, acid reflux, or similar symptoms, you may have a disease called gastroesophageal reflux disease (GORD). Fill out this form and discuss the answers with a gastroenterologist — so together you can take the first step towards treatment.

**SYMPTOMS EXPERIENCED**
Check all that apply
- Coughing
- Regurgitation
- A burning feeling in your chest (heartburn)
- Reflux (acid backing up into your throat or esophagus)
- Trouble swallowing
- Other symptoms (please explain)

**SYMPTOMS TYPICALLY START WHEN I...**
Check all that apply
- Lay down
- Exercise
- Sleep
- Eat within three hours before going to bed
- Other (please explain)

**SYMPTOMS CAUSE ME TO...**
Check all that apply
- Stay up at night
- Miss work or social events
- Limit physical activity
- Use a recliner to sleep
- Wake up in middle of night
- Other (please explain)

**MEDICATIONS**
Check all that apply
- OTC (Over the Counter) (please explain)
- Prescription (please explain)
- Home remedies (please explain)
- Other medications (please explain)

**FOOD AND BEVERAGES THAT TRIGGER SYMPTOMS**
Check all that apply
- Fried or fatty foods
- Spicy foods
- Coffee / Alcohol / Carbonated drinks
- Other (please explain)

**FREQUENCY OF SYMPTOMS**
Check one
- Daily
- 2-3 times per week
- 2-3 times per month

**How satisfied are you with your current condition?**
- Satisfied
- Neutral
- Dissatisfied