

GERD SYMPTOM TRACKER

If you suffer from chronic heartburn, acid reflux or similar symptoms, you may have a disease called gastroesophageal reflux disease (GERD). Fill out this form to see if you may be at risk and take it to your doctor—so together you can take the first step towards treatment.

SYMPTOMS EXPERIENCED

Check all that apply

- 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
- Eat within three hours before going to bed
- Other (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)

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
- Other (please explain)

MEDICATIONS

Check all that apply

- OTC (Over the Counter)
- Prescription
- Home remedies
- Other medications (please explain)

FREQUENCY OF SYMPTOMS

Check all that apply

- Daily
- 2-3 times per week
- 2-3 times per month

How satisfied are you with your current condition?

Satisfied

Neutral

Dissatisfied

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