# 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 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 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
- [ ] Wake up in middle of night
- [ ] 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

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