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 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)

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)

FOOD AND BEVERAGES THAT TRIGGER SYMPTOMS
Check all that apply

☐ Fried or fatty foods
☐ Spicy foods
☐ Coffee / Alcohol / Carbonated drinks
☐ 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

Visit learnaboutgerd.com

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