# 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)

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## 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)

## 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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