

# GORD SYMPTOM TRACKER

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)
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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)
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## MEDICATIONS

Check all that apply

OTC (Over the Counter)  
(please explain)

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Prescription  
(please explain)

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Home remedies  
(please explain)

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Other medications  
(please explain)

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## SYMPTOMS TYPICALLY START WHEN I...

Check all that apply

- Lay down
  - Exercise
  - Sleep
  - Eat within three hours before going to bed
  - Other (please explain)
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## 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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## 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