

# 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.



1.800.424.DOCS (3627)

## 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

## CONTACT INFORMATION

How would you like your doctor to follow up with you?

Phone

Email

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Visit [learnaboutgerd.com](http://learnaboutgerd.com)

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