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)
- Prescription
- Home remedies
- Other medications

**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**

First Name: ____________________________  Last Name: ____________________________
Phone: ________________________________  Email: ________________________________

Visit learnaboutgerd.com

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