



GERD SYMPTOM TRACKER

If you have persistent heartburn two or more days a week despite treatment and diet changes, you might have gastroesophageal reflux disease (GERD). In order to manage your GERD symptoms, it's important to know what might lead to or trigger them. Keep track of your symptoms by filling out the tracker below; this may help you and your doctor talk about your symptoms and develop a management plan that might work for you.

<p>SYMPTOMS EXPERIENCED (check all that apply)</p> <p><input type="checkbox"/> A burning feeling in the chest/heartburn</p> <p><input type="checkbox"/> Reflux (acid backing up into the throat or esophagus)</p> <p><input type="checkbox"/> Trouble swallowing</p> <p><input type="checkbox"/> Sore throat</p> <p><input type="checkbox"/> Hoarseness</p> <p><input type="checkbox"/> Feeling of a lump in the throat</p> <p><input type="checkbox"/> Other symptoms (please explain):</p>	<p>FOOD AND BEVERAGES CONSUMED THAT MAY TRIGGER SYMPTOMS (check all that apply)</p> <p><input type="checkbox"/> Fried or fatty foods</p> <p><input type="checkbox"/> Spicy foods</p> <p><input type="checkbox"/> Tomato-based foods</p> <p><input type="checkbox"/> Citrus fruits/juices</p> <p><input type="checkbox"/> Chocolate</p> <p><input type="checkbox"/> Peppermint</p> <p><input type="checkbox"/> Alcohol</p> <p><input type="checkbox"/> Coffee</p> <p><input type="checkbox"/> Carbonated drinks</p> <p><input type="checkbox"/> Other (please explain):</p>	<p>HOW PAINFUL ARE YOUR SYMPTOMS? (5 being the worst)</p> <p><input type="checkbox"/> 1</p> <p><input type="checkbox"/> 2</p> <p><input type="checkbox"/> 3</p> <p><input type="checkbox"/> 4</p> <p><input type="checkbox"/> 5</p>
<p>SYMPTOMS STARTED WHEN I... (check all that apply)</p> <p><input type="checkbox"/> Lay down</p> <p><input type="checkbox"/> Bent over</p> <p><input type="checkbox"/> Exercised</p> <p><input type="checkbox"/> Ate or drank</p> <p><input type="checkbox"/> Ate within 3 hours before going to bed</p> <p><input type="checkbox"/> Other (please explain):</p>		<p>SYMPTOMS CAUSED ME TO... (check all that apply)</p> <p><input type="checkbox"/> Stay up at night</p> <p><input type="checkbox"/> Use a recliner to sleep</p> <p><input type="checkbox"/> Limit physical activity</p> <p><input type="checkbox"/> Leave a social event early</p> <p><input type="checkbox"/> Cancel planned social event</p> <p><input type="checkbox"/> Miss time from work</p> <p><input type="checkbox"/> Have trouble performing work</p> <p><input type="checkbox"/> Other (please explain):</p>
<p>FREQUENCY OF SYMPTOMS (when symptoms began and how long they lasted)</p> <p>Time of day:</p> <p>Number of hours per day:</p> <p>Frequency: <input type="checkbox"/> 1 day <input type="checkbox"/> 2 days <input type="checkbox"/> 3 days <input type="checkbox"/> 4 days <input type="checkbox"/> 5 days <input type="checkbox"/> 6 days <input type="checkbox"/> 7 days</p> <p>Other details:</p>		



For more information, please visit www.gastro.org/GERD. This tool was made possible by a sponsorship from Takeda Pharmaceuticals North America, Inc.



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LIST ANY METHODS YOU HAVE USED TO MANAGE YOUR SYMPTOMS...

(for example, making changes in diet, wearing loose-fitting clothing, altering angle of bed)

MEDICATIONS

List any medications you are currently taking for your GERD (both over-the-counter and prescription):

List other medications you are currently taking:

BELOW IS A LIST OF QUESTIONS YOU MAY WANT TO ASK YOUR DOCTOR TO HELP YOU BETTER UNDERSTAND AND MANAGE YOUR GERD

- Is there anything I can do to manage my persistent heartburn and GERD symptoms?
- Are there any specific foods or drinks or lifestyle choices that may make my symptoms worse?
- Could my weight affect my symptoms?
- How long should I wait after eating before lying down? Before exercising?
- What other medical tests or procedures do I need if my heartburn does not go away?
- Are there any long-term complications of GERD?
- Are there any medications available to help improve my symptoms?
- Are there any medications that I take that can make my symptoms worse?
- Other (please explain):

USE THE SPACE BELOW TO...

Write down any notes or additional information that you would like to share with your doctor.

Write down any notes or instructions your doctor gives you during your appointment.

Write down any other questions you have for your doctor.



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