

Still having Acid Reflux?

Answer these 5 questions and discuss with your doctor.



1

How frequently do you experience heartburn related to your acid reflux?

Fill in the circle of the most relevant answer.

1-2 TIMES A WEEK 3-4 TIMES A WEEK ONCE DAILY TWICE DAILY NEARLY ALL DAY

List any other symptoms you're experiencing here: _____

2

Because of my acid reflux, I feel unwell:

Fill in the circle of the most relevant answer.

SOME DAYS MOST DAYS EVERY DAY

3

Because of my acid reflux, I have trouble sleeping:

Fill in the circle of the most relevant answer.

SOME DAYS MOST DAYS EVERY DAY

4

What medications have you used over the past 3 months to manage your symptoms?

Select all that apply.

- Antacids (such as TUMS, Rolaids, etc)
- Histamine-2 receptor antagonists – H2s (such as Tagamet, Zantac, etc)
- Proton pump inhibitors – PPIs (such as Nexium, Prevacid, etc)
- Other _____

5

Have your symptoms changed in the past 3 months?

Fill in the circle of the most relevant answer.

SIGNIFICANTLY BETTER SOMEWHAT BETTER UNCHANGED SOMEWHAT WORSE SIGNIFICANTLY WORSE

Be sure to tell your doctor if you're experiencing any other symptoms.



Talk to your doctor about your treatment options

If your current medication isn't providing heartburn relief, talk to your doctor about what other options are available to treat your acid reflux.