

Talking With Your Doctor Discussion Guide

If you get persistent heartburn two or more days a week, despite treatment and diet changes, you could have GERD. Talk to your doctor or healthcare professional about your symptoms and the best way to treat them.



Ensure your doctor understands your situation. This Doctor Discussion Guide can help get the conversation started.

Answer these questions about your symptoms, print the results, and share them with your doctor.

1. I have heartburn or GERD symptoms this many days a week:

- 1 2 3 4 5 6 7

2. I have been experiencing these symptoms for:

- Less than 6 months 1–3 years
 6 months–1 year 3+ years

3. I would describe my symptoms as:

- Mild Moderate Severe

4. I usually have heartburn:

- During the day At night
 After eating spicy foods All of the above

5. I experience nighttime heartburn:

- 1 night or less per week
 2–3 nights per week
 4+ nights per week

6. I currently treat my heartburn with:

- Antacids or over-the-counter (OTC) medications
 Prescription medication, such as a proton pump inhibitor (PPI)
 Prescription medication plus OTC medication at night
 Prescription medication that I take more than once a day
 I am not treating my condition

7. I treat my heartburn with a prescription and still experience symptoms:

- 1 day or less per week
 2–3 days per week
 4–5 days per week
 6–7 days per week
 Never

8. I have tried to treat my heartburn and I still experience persistent heartburn symptoms, including pain or burning in the chest:

- Yes
 No

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