

# 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

The information on this website is intended for educational use only; it is not intended to provide, or be a substitute for, professional medical advice, diagnosis, or treatment. Only a physician or other qualified healthcare professional can provide medical advice, diagnosis, or treatment. Always consult your physician on all matters of your personal health.