

Physician Visit Checklist



How To Get The Most Out Of Your Doctor Visit

Condition: Gastroesophageal Reflux Disease (GERD)

Symptoms I am experiencing:

Circle all that apply

Acid indigestion

Heartburn

Painful burning sensations in the throat/chest

Bad breath

Tooth erosion

Abdominal pain

Chest pain

Asthma symptoms (wheezing, difficulty breathing, especially during exercise)

Belching

Bloating

Regurgitation

Hoarseness

A sour taste in the mouth

Frequency Of Symptoms

Write symptom and frequency (how often it's happening)

I have treated/managed symptoms by the following:

List all medications you have used, lifestyle treatments, natural remedies

Medications, vitamins and all supplements currently taking:

It is important to list everything including natural supplements

Questions To Ask Your Doctor:

Do you think GERD is the cause of my symptoms?

Is my case mild, moderate or severe?

What conditions, other than GERD, could be causing my symptoms?

Could any medications I'm taking be causing my GERD symptoms?

What tests are used to diagnose GERD and exclude other conditions? Which would you recommend?

Do the tests have any side effects?

What treatments are available for GERD? Which treatment are you recommending and why?

What side effects of treatment recommendation should I look out for?

Are any of the medications I am currently taking likely to interact with my treatment?

How long will I need to continue taking the recommended medication (if applicable)?

What lifestyle changes do you suggest to improve my symptoms?

Are there any complications of GERD I should be concerned about at the time?

What important signs/symptoms should I watch out for that indicate a worsening of my condition?

