

A New Health

GERD Self Assessment Tool

Name _____ Date _____

SYMPTOM	HOW MANY TIMES DOES THIS OCCUR PER WEEK?			
	0 DAYS	1 DAY	2 OR 3 DAYS	4 TO 7 DAYS
Burning feeling behind the breastbone (heartburn)	0	1	2	3
Stomach contents moving up to the throat or mouth (regurgitation)	0	1	2	3
Pain in the middle of the upper stomach area	0	1	2	3
Nausea	0	1	2	3
Trouble getting a good night's sleep because of heartburn or regurgitation	0	1	2	3
Need for over-the-counter medicine for heartburn or regurgitation (such as Tums, Rolaids, Maalox, or other antacids), in addition to the medicine your doctor prescribed	0	1	2	3
TOTAL EA COLUMN HERE	_____	_____	_____	_____

Your Total Score of all Columns: _____

1. Total score of 0 to 2 points = 0 percent likelihood of GERD.
2. 3 to 7 points = 50 percent likelihood.
3. 8 to 10 points = 79 percent likelihood.
4. 11 to 18 points = 89 percent likelihood.

Adapted with permission from Jones R, Junghard O, Dent J, et al. Development of the GerdQ, a tool for the diagnosis and management of gastroesophageal reflux disease (GERD) in primary care. *Aliment Pharmacol Ther.* 2009;30(10):1034.

