

Reflux Symptom Self-Test

Within the last month, how did the following problems affect you?

0 = no problem 5 = severe problem

1. Hoarseness or a problem with your voice.	0	1	2	3	4	5
2. Clearing your throat	0	1	2	3	4	5
3. Excess throat mucous or post nasal drip.	0	1	2	3	4	5
4. Difficulty swallowing food, liquids, or pills.	0	1	2	3	4	5
5. Coughing after you ate or after lying down.	0	1	2	3	4	5
6. Breathing difficulties or choking episodes.	0	1	2	3	4	5
7. Troublesome or annoying cough.	0	1	2	3	4	5
8. Sensations of something sticking/ lump in throat.	0	1	2	3	4	5
9. Heartburn, chest pain, indigestion or stomach acid coming up.	0	1	2	3	4	5

Reflux symptom self-test score greater than or equal to 10 is significant. You may want to share your test score with your physician.