

Get > > > > > >  
heartburn  
off your chest.



## Heartburn Diary

### Common GERD Symptoms:

- Heartburn
- Swallowed food or fluid coming back into the mouth
- Difficulty swallowing
- Chronic hoarseness, sore throat, throat-clearing or coughing
- Chronic sinus problems
- Asthma or wheezing
- Vomiting
- Gas, belching, bloating or indigestion after meals
- Chest pain already evaluated by your physician and determined to be non-cardiac related



**FLORIDA HOSPITAL**  
*Digestive Health Center*

**1/866/888-0866**

# Heartburn Diary

Week 1	First Time	Second Time	Third Time	Fourth Time
My symptoms				
Medicine I took or other action taken				
My level of relief	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 = No relief    5 = Total relief			

Week 2	First Time	Second Time	Third Time	Fourth Time
My symptoms				
Medicine I took or other action taken				
My level of relief	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 = No relief    5 = Total relief			

Week 3	First Time	Second Time	Third Time	Fourth Time
My symptoms				
Medicine I took or other action taken				
My level of relief	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 = No relief    5 = Total relief			

Week 4	First Time	Second Time	Third Time	Fourth Time
My symptoms				
Medicine I took or other action taken				
My level of relief	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	1 = No relief    5 = Total relief			



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