

GERD Tracking Tool

This is a tool – broken up into three sections - that allows you to track symptoms of gastroesophageal reflux disease (GERD). In the first section, on the bottom of this page, record any alarm symptoms you are having.

Page number two is designed for tracking disease symptoms as they are related to diet. GERD is strongly related to food and drink that you consume. The left-handed column is a place to record what you eat for two days. The right-sided column is set up for you to record your symptoms and the times they occur. These include: heart burn, chest pain, bitter taste in your mouth, cough and hoarseness. This task will be therapeutic as you notice patterns between what you eat and drink and your symptoms. Not only will this tool allow you to track you disease for your doctor but also it will help you understand your disease much better.

Page number three is a way to monitor your response to treatment. The ten-day tracking tool asks you to rate the severity of your symptoms for 10 days after initiating a new treatment. Each day when you wake up, after lunch and after dinner record the severity of the symptoms that you have on a scale from 0-10 with 0 being no problem with this symptom and 10 being the worse you could imagine this symptom.

Alarm signs or symptoms

Check the spaces provided below if you have any of the following signs or symptoms.

_____ Pain or trouble swallowing

_____ Vomiting blood

_____ Dizziness or light-headedness

_____ Breaking out in a sweat or have pains in your chest

_____ Shortness of breath

_____ Bloody or black stools

_____ Recent weight loss. How much? _____ What period of time? _____

GERD Food Diary

Morning

Afternoon

Evening

Morning

Afternoon

Evening

GERD Monitoring Tool

Time	Heartburn	Cough	Sore throat	Hoarseness	Other
Day 1					
Morning					
Afternoon					
Evening					
Day 2					
Morning					
Afternoon					
Evening					
Day 3					
Morning					
Afternoon					
Evening					
Day 4					
Morning					
Afternoon					
Evening					
Day 5					
Morning					
Afternoon					
Evening					
Day 6					
Morning					
Afternoon					
Evening					
Day 7					
Morning					
Afternoon					
Evening					
Day 8					
Morning					
Afternoon					
Evening					
Day 9					
Morning					
Afternoon					
Evening					
Day 10					
Morning					
Afternoon					
Evening					