



# Symptoms of GERD

(Gastroesophageal Reflux Disease)

- 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

## What is your risk for GERD?

Please answer **YES** or **NO** to the following questions:

- YES  NO  Do you regularly wake up at night with heartburn or acid indigestion?
- YES  NO  Does heartburn keep you awake two or more nights a week?
- YES  NO  Do you experience liquid backing up toward or into your throat when you are in bed?
- YES  NO  Do you wake up at night with a sour or bitter taste in your mouth?
- YES  NO  Do you take antacids or heartburn medicine to help you sleep better at night?
- YES  NO  Do you regularly have a hoarse voice or a sore throat in the morning?
- YES  NO  Do you have a sensation of food sticking or lodging in your chest when you eat?
- YES  NO  Do you wake up at night because of coughing associated with heartburn or fluid backing up in the throat?

**You are at risk for GERD if you answered YES to one or more of these questions. Please call the Florida Hospital Digestive Health Center for a physician referral.**

# 1/866/888-0866



**FLORIDA HOSPITAL**  
*Digestive Health Center*

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