DOCTOR DISCUSSION GUIDE

Answer the following questions to help you and your doctor get a better idea of the acid reflux disease symptoms you're experiencing.

1. Do you get heartburn 2 or more days a week?

   ☐ Yes ☐ No

2. How often have you had heartburn in the last year?

   ☐ Daily ☐ About once a month
   ☐ Several days a week ☐ Less than once a month
   ☐ About once a week

3. Is your heartburn becoming more severe or occurring more frequently over time?

   ☐ Yes ☐ No

4. How bad is your heartburn usually?

   ☐ Mild ☐ Moderate
   ☐ Severe ☐ Very severe

5. Do you experience nighttime heartburn?

   ☐ Yes ☐ No

6. Have you had a bad taste (bitter or sour-tasting fluid) rise up into your throat (regurgitation) in the last year? (If your answer is "No," skip to Question 9.)

   ☐ Yes ☐ No

Important: These questions serve as discussion points only. They are not intended to replace your doctor's advice. Only your doctor can determine if you have acid reflux disease and prescribe appropriate treatment.

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7. How often have you had a bad taste in your throat in the last year?

- ☐ Daily
- ☐ Several days a week
- ☐ About once a week
- ☐ About once a month
- ☐ Less than once a month

8. How would you describe the bad taste in your throat usually?

- ☐ Mild
- ☐ Moderate
- ☐ Severe
- ☐ Very severe

9. How often do you use over-the-counter (OTC) medications such as acid blockers or antacids to treat these symptoms? (If your answer is "Not at all," skip to Question 12.)

- ☐ Daily
- ☐ Weekly
- ☐ Monthly
- ☐ Not at all

10. Which OTC medicines have you taken?

- ☐ Antacids such as MYLANTA® or TUMS®
- ☐ Acid blockers such as PEPCID® AC®
- ☐ Prilosec OTC®/Prevacid® 24 hr
- ☐ Other

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11. Which diet changes have you made to help manage your symptoms?

- ☐ Alcoholic beverages
- ☐ Chocolate
- ☐ Coffee and tea
- ☐ Garlic and onions
- ☐ Tomatoes or tomato sauces
- ☐ Carbonated drinks
- ☐ Citrus fruits
- ☐ Fatty or fried foods
- ☐ Peppermint and spearmint
- ☐ Other

12. Which lifestyle changes have you made to help manage your symptoms?

I try to:

- ☐ Eat several smaller dishes and snacks instead of 3 larger meals
- ☐ Avoid eating within 2 to 3 hours of bedtime
- ☐ Exercise several times a week*
- ☐ Avoid smoking
- ☐ Other

*Be sure to talk to your doctor before beginning or changing any exercise program.

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