



Reading time: 2 minutes Revised 2019 by the International Foundation for Gastrointestinal Disorders

If you suspect that foods may trigger or worsen your symptoms of gastroesophageal reflux disease (GERD), try keeping a one-week daily diary. Share the information with your doctor during your next visit. It may help to gain a better understanding of your symptoms.

For the next 7 days, use the second page of this fact sheet to keep a record of any and all heartburn and other symptoms you may have, and how often they occur. Record each symptom each time it occurs, even if it occurs several times a day. Make sure your diary is accurate and complete.

Throughout each day record the time of day, description (food and amount), activity, and any symptom that follows (including "none").

Name the symptoms you experience. Examples include:

- Heartburn (burning discomfort that rises into the chest)
- Sour/acid taste in the mouth
- Difficulty or painful swallowing

About GERD

GERD is a very common disorder. Gastroesophageal refers to the stomach and the esophagus. Reflux refers to the backflow of acidic or non-acidic stomach contents into the esophagus. GERD is characterized by symptoms, with or without tissue damage, that result from repeated

or prolonged exposure of the lining of the esophagus to acidic or non-acidic contents from the stomach. GERD is often accompanied by symptoms such as heartburn and regurgitation of acid. But sometimes there are no apparent symptoms, and the presence of GERD is revealed only when complications become evident.

About IFFGD

The International Foundation for Gastrointestinal Disorders (IFFGD) is a 501(c)(3) nonprofit education and research organization. We work to promote awareness, scientific advancement, and improved care for people affected by chronic digestive conditions. Our mission is to inform, assist, and support people affected by gastrointestinal disorders. Founded in 1991, we rely on donors to carry out our mission. Visit our websites at: www.iffgd.org or www.aboutGERD.org.

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About the Publication

This article is in no way intended to replace the knowledge or diagnosis of your doctor. We advise seeing a physician whenever a health problem arises requiring an expert's care.

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Sample diary entries. Continue making notes for the rest of the day, for 7 days.

Day	Time	Amount	Food/Drink	Activity	Symptoms that Followed
Monday	6:00 AM	Eggs, scrambled	2	At home	None
11/25/19		Whole wheat toast	1 slice		
		Apple juice	4 oz.		
	10:30 AM	Coffee w/ creamer	12oz.	Meeting at work	Some burning

