

The Reflux Symptom Index

Reflux Symptom Index Scale Test: Rate the following items on a scale of 1-5. The composite of these scores should be 10 or below. If it is more than 10, you should consider an evaluation to check for “Silent Gastroesophageal Reflux Disease,” or GERD.

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Within the past month, how did the following affect you?

0 = No problem

5= Severe problem

	0	1	2	3	4	5
Hoarseness or a problem with your voice?						
Clearing your throat?						
Excess throat mucus or postnasal drip?						
Difficulty swallowing food, liquids or pills?						
Coughing after you ate or lie down?						
Breathing difficulties or choking episodes?						
Troublesome or annoying cough?						
Sensations of something sticking in your throat or a lump in your throat?						
Heartburn, chest pain, indigestion, or stomach acid coming up?						