

Patient information from BMJ

Last published: May 23, 2025

Gastro-oesophageal reflux disease (GORD): questions to ask your doctor

If you get heartburn and acid reflux regularly, you may be diagnosed with a condition called gastro-oesophageal reflux disease (GORD).

Here are some questions that you might want to ask your doctor if you've been diagnosed with GORD:

- How do you know that I have GORD? Do I need any tests?
- Why do I have GORD? What causes it?
- Do I need to take a prescription medicine to treat GORD?
- How often should I take my tablets?
- Do the tablets have any side effects?
- How long will I need to take the tablets for?
- Will I still need to take tablets once I stop having symptoms?
- How likely is it that GORD will get better on its own?
- What can happen if I don't get treatment?
- Are there any changes I should make in my life that might help ease my symptoms? Are there things I should avoid?
- Are there any other options for me besides taking medicines?

The patient information from *BMJ Best Practice* is regularly updated. The most recent version of Best Practice can be found at bestpractice.bmj.com. This information is intended for use by health professionals. It is not a substitute for medical advice. It is strongly recommended that you independently verify any interpretation of this material and, if you have a medical problem, see your doctor.

Please see BMJ's full terms of use at: bmj.com/company/legal-information. BMJ does not make any representations, conditions, warranties or guarantees, whether express or implied, that this material is accurate, complete, up-to-date or fit for any particular purposes.

© BMJ Publishing Group Ltd 2025. All rights reserved.

What did you think about this patient information guide?

Complete the [online survey](#) or scan the QR code to help us to ensure our content is of the highest quality and relevant for patients. The survey is anonymous and will take around 5 minutes to complete.

