

# Patient information from BMJ

Last published: Jul 16, 2020

## GORD: questions to ask your doctor

**If you get heartburn more than twice a week you may have gastro-oesophageal reflux disease (GORD).**

If your doctor has told you that you have GORD you may want to find out more. Here are some questions that you might want to ask your doctor:

- How do you know that I have GORD? Do I need any tests?
- How likely is it that my oesophagus has been damaged by GORD?
- Do I need to take a prescription medicine to treat GORD?
- How likely is it that GORD will get better on its own?
- What will happen if I don't get treatment?
- How often should I take my tablets?
- Do the tablets have any side effects?
- For how long will I need to take the tablets?
- Will I still need to take tablets once I stop having symptoms?
- Are there any changes I should make in my life that might help ease my symptoms? Are there things I should avoid?
- Is surgery an option for me? What are the pros and cons?

The patient information from *BMJ Best Practice* is regularly updated. The most recent version of Best Practice can be found at [bestpractice.bmj.com](https://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](https://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 2024. 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.

