

Patient information from BMJ

Last published: Jul 16, 2020

GERD: questions to ask your doctor

If you get heartburn more than twice a week, you may have gastro-esophageal reflux disease (GERD).

If your doctor has told you that you have GERD, 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 GERD? Do I need any tests?
- How likely is it that my esophagus has been damaged by GERD?
- Do I need to take a prescription medication to treat GERD?
- How likely is it that GERD will get better on its own?
- What will happen if I don't get treatment?
- How often should I take my pills?
- Do the pills have any side effects?
- For how long will I need to take the pills?
- Will I still need to take pills 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?

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