

	Never	Sometimes	Often	Always
<b>SCORE</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Do you get heart burn?				
Does your stomach get bloated?				
Does your stomach feel heavy after a meal?				
Do you feel sick after meals?				
Do you get heart burn after meals?				
Do you suffer from a burning sensation in your throat?				
Do you feel full after eating meals?				
Do you feel food sticking when you swallow?				
Do you get bitter liquid coming into your throat?				
Do you burp a lot?				
Do you get heartburn when you bend down?				

This test should be regarded as a guide to the likelihood that your symptoms relate to GORD but it is possible to have symptomatic reflux without a high score – particularly if symptoms relate to the upper airways. If in doubt you should consult with a doctor.

If you score 7-21 on the unshaded questions it is likely you have symptomatic gastro-oesophageal reflux. You should aim to avoid situations and foods that make this worse and may benefit from dietetic advice. If the symptoms are more troublesome you may wish to consider medical treatment and consult a doctor.

If you score >8 in the grey boxes it is likely that IBS at least partially is responsible for your symptoms

If you score 1-3 in the red boxes it is important to see a doctor about this as it suggests an narrowing of the oesophagus and may be an indicator of serious disease.