14-DAY TRACKER

Reflux Tracker

Reflux is about timing. Record when the last meal ended and when you lay down; the tracker works out the rest. Night symptoms have their own row because they matter most to your doctor.



SHEET 13

Name _____ **Day 1 is** _____

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date														
HEARTBURN AT ITS WORST, 0 NONE TO 10														
Heartburn ● daytime worst ○ night-time worst (10 / 8 / 6 / 4 / 2 / 0)														
SYMPTOMS														
Episodes how many														
Acid or food coming back up	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Woken at night by it	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cough, hoarse or sore throat	○	○	○	○	○	○	○	○	○	○	○	○	○	○
THE EVENING														
Last meal finished time														
Lay down time														
Three hours or more between	○	○	○	○	○	○	○	○	○	○	○	○	○	○
STEPS AND REMEDIES														
Smaller evening meal	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Stayed upright after eating	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Bed head raised	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Slept on left side	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Antacid or alginate doses														
PPI or other medicine taken	○	○	○	○	○	○	○	○	○	○	○	○	○	○

One suspected trigger

The food or drink I am testing

_____

Left out from day _____ to day _____ Brought back day _____

Result

_____

After 14 days

Days with heartburn: week 1 _____ week 2 _____

Nights woken _____ Days I needed a remedy _____

Heartburn on two or more days a week, or a remedy most days, is worth a doctor's review.

! **Chest pain or pressure that is sudden, persists, or spreads to the arm, neck, jaw or back**, or comes with sweating or breathlessness, is an emergency: do not assume it is heartburn. Trouble swallowing, vomiting blood, black stool or weight loss need prompt assessment. Do not stop a prescribed PPI on your own.