



Identifying your reflux symptoms can help your doctor determine the best treatment plan for you

The scorecard below includes common symptoms of reflux disease. Think about the last month and select the score on the scale of 0 to 5 that you feel best captures the severity of your symptoms. Once you're done, total your score. Share this information with your doctor at your next appointment.

The Reflux Symptom Index (RSI)¹

Within the last MONTH, how did the following problem affect you?	0 = No problem 5 = Severe problem					
	0	1	2	3	4	5
1. Hoarseness or a problem with your voice	0	1	2	3	4	5
2. Clearing your throat	0	1	2	3	4	5
3. Excess throat mucous or postnasal drip	0	1	2	3	4	5
4. Difficulty swallowing food, liquids, or pills	0	1	2	3	4	5
5. Coughing after you ate or after lying down	0	1	2	3	4	5
6. Breathing difficulties or choking episodes	0	1	2	3	4	5
7. Troublesome or annoying cough	0	1	2	3	4	5
8. Sensations of something sticking in your throat or a lump in your throat	0	1	2	3	4	5
9. Heartburn, chest pain, indigestion, or stomach acid coming up	0	1	2	3	4	5
TOTAL						

¹Belafsky PC, Postma GN, and Koufman JA. Validity and reliability of the reflux symptom index (RSI). Journal of Voice. 2002. 16(2): 274-277.