

**Mr Ewen A Griffiths MD FRCS**  
**Consultant General and Upper GI Surgeon**  
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**0121 272 7506**



**Birmingham Upper GI Surgery**

If you think you are suffering from Gastro-Oesophageal Reflux Disease (GORD), you can use this questionnaire to assess how likely you have it and how severe the problem might be:

*'GerdQ' Questionnaire*

<b>SYMPTOM</b>	<b>HOW MANY TIMES DOES THIS OCCUR PER WEEK?</b>			
	<b>0 DAYS</b>	<b>1 DAY</b>	<b>2 OR 3 DAYS</b>	<b>4 TO 7 DAYS</b>
Burning feeling behind the breastbone (heartburn)	0	1	2	3
Stomach contents moving up to the throat or mouth (regurgitation)	0	1	2	3
Pain in the middle of the upper stomach area	3	2	1	0
Nausea	3	2	1	0
Trouble getting a good night's sleep because of heartburn or regurgitation	0	1	2	3
Need for over-the-counter medicine for heartburn or regurgitation (such as antacids), in addition to the medicine your doctor prescribed (PPIs)	0	1	2	3

Correspondence Address

BMI Edgbaston Hospital  
22 Somerset Road  
Birmingham B15 2QQ  
Outpatient Bookings: 0121 452 2810

NHS Practice

Department of Upper GI Surgery  
Queen Elizabeth Hospital  
Birmingham B15 2TH  
NHS Secretary: 0121 371 5886

*Add the point values for each corresponding answer to calculate your Total score*

*Total score of **0 to 2 points** = 0 percent likelihood of GERD*

*Total score of **3 to 7 points** = 50 percent likelihood*

*Total score of **8 to 10 points** = 79 percent likelihood*

*Total score of **11 to 18 points** = 89 percent likelihood.*

*Adapted from Jones R, Junghard O, Dent J, et al. Development of the GerdQ, a tool for the diagnosis and management of gastroesophageal reflux disease in primary care. Aliment Pharmacol Ther. 2009;30(10):1034.*

If you would like an outpatient appointment to discuss your symptoms or to arrange further investigations to confirm reflux disease (such as Upper GI endoscopy, 24hr pH studies, etc) or to discuss medical or surgical treatment options, please contact my private secretary on 0121 272 7506.

Kind regards

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