

Patient information from BMJ

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GORD: questions to ask your doctor

If you get heartburn more than twice a week you may have gastro-oesophageal reflux disease (GORD).

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