

# 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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