

Reflux-Like Symptom Discussion Checklist

Use this checklist to summarize reflux-like symptoms before a clinician visit or before comparing reflux with dyspepsia, IBS, alcohol, meal timing, or exercise patterns.

Question	Notes
Burning, sour taste, throat symptoms, or chest discomfort?	
Worse after meals, lying down, bending, alcohol, coffee, or rich food?	
Early fullness, nausea, or upper-abdominal heaviness?	
Urgency, diarrhea, bloating, or lower-abdominal symptoms?	
Trouble swallowing, vomiting, weight loss, bleeding, anemia, or severe pain?	

Next Route

- Reflux-like: compare timing, posture, bedtime, alcohol, caffeine, and meal size.
- Dyspepsia-like: early fullness, nausea, and upper-abdominal heaviness need a broader upper-GI lens.
- IBS-like: bowel habit changes, lower-abdominal pain, urgency, or bloating may need a lower-GI route.
- Red flags: seek medical review instead of continuing self-sorting.