

# Reflux Recorder™

Is it a sensitive stomach, colic or something more serious? Below is a checklist of symptoms that are typical in children with gastroesophageal reflux disease (GERD). Gastroesophageal reflux occurs during or after a meal when stomach contents move back into the esophagus (the tube that connects the mouth to the stomach). Keeping track of your child's symptoms and food intake can help your physician determine if your child has GERD.

Below is an easy-to-use checklist of symptoms of pediatric GERD:

- Frequent spitting up after meals or in between feedings
- Frequent hiccups
- Frequently shows signs of hunger but only feeds for a few minutes because of discomfort
- Difficulty swallowing
- Arching the back during feeding
- Irritability, persistent crying
- Fussing after feedings
- Signs of abdominal pain: drawing up legs, arching back
- Sour burps or bad breath
- Waking from sound sleep with screaming and/or writhing
- Poor weight gain, poor growth
- Resisting all feedings or solid foods
- Wheezing or excessive coughing

Please share the completed REFUX RECORDER with your child's doctor.

For more information on pediatric GERD, please visit [www.babyGERD.com](http://www.babyGERD.com)

# Reflux Recorder™

For: \_\_\_\_\_

Date: \_\_\_\_\_

Time	Food/Feeding	Symptoms & Severity	Notes (positioning during and after feeding, other observations)
12:00AM			
1:00AM			
2:00AM			
3:00AM			
4:00AM			
5:00AM			
6:00AM			
7:00AM			
8:00AM			
9:00AM			
10:00AM			
11:00AM			
12:00PM			
1:00PM			
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