

Increased Stomach Acid

Name: _____ Date: _____

- | | | |
|-----|---|---------|
| 1. | Stomach pain, burning and/or aching 1 - 4 hours after eating | 1 2 3 4 |
| 2. | Feel hungry 1 - 2 hours after eating | 1 2 3 4 |
| 3. | Strong emotions, thoughts and/or smell of food aggravates your stomach and/or makes it hurt | 1 2 3 4 |
| 4. | Heartburn, especially when lying down and/or bending forward | 1 2 3 4 |
| 5. | Heartburn due to spicy and fatty foods, chocolate, peppers, citrus, alcohol and/or caffeine | 1 2 3 4 |
| 6. | Difficulty and/or pain when swallowing food and/or beverages | 1 2 3 4 |
| 7. | Chest pain, difficulty breathing and/or lung infections | 1 2 3 4 |
| 8. | Constipation and/or difficult bowel movements | 1 2 3 4 |
| 9. | Black, dark and/or tarry stool when you are not taking an iron supplement | 1 2 3 4 |
| 10. | Unexplained weight gain | 1 2 3 4 |
| 11. | Temporary stomach relief from antacids, carbonated beverages, cream, milk and/or food | 1 2 3 4 |
| 12. | Digestive problems subside with vacationing, rest and/or relaxation | 1 2 3 4 |
| 13. | Currently using antacids and/or other stomach medication | 1 2 3 4 |
| 14. | Feel a sense of nausea when you eat | 1 2 3 4 |
| 15. | Stomach pain just before meals | 1 2 3 4 |
| 16. | Stomach complaints aggravated by worry or tension | 1 2 3 4 |
| 17. | Frequent meals relieve your stomach pains | 1 2 3 4 |
| 18. | Experience sudden, acute indigestion and/or stomach pain with no apparent reason | 1 2 3 4 |
| 19. | Spicy foods and/or caffeine causes diarrhea | 1 2 3 4 |
| 20. | Pain and/or discomfort in the head, neck and/or body between 7 - 9 am | 1 2 3 4 |
| 21. | Butterfly feeling in the stomach | 1 2 3 4 |
| 22. | Have you ever been diagnosed with an ulcer | Yes |
| 23. | Have you ever been diagnosed with gastritis | Yes |
| 24. | Do you have a history of taking pain and/or arthritis medications (aspirin, motrin, advil, ibuprofen, aleve, naprosyn, COX-2 inhibitors) including steroids | Yes |
| 25. | Family history of ulcers and/or gastritis | Yes |
| 26. | Do you have chronic (long term) stomach pain | Yes |
| 27. | Does eating give you relief from stomach pain | Yes |