



Koufman Reflux Symptom Index

Within the last month, how did the following problems affect you? Score each of the 9 items on a scale of 0 to 5 with 0 = No Problem, 5 = Severe Problem

1. Hoarseness or a problem with your voice
2. Clearing your throat
3. Excess throat mucous or postnasal drip
4. Difficulty swallowing food, liquids, or pills
5. Coughing after you ate or after lying down
6. Breathing difficulties or choking episodes
7. Troublesome or annoying cough
8. Sensations of something sticking in your throat or a lump in your throat
9. Heartburn, chest pain, indigestion, or stomach acid coming up

A score of 15 or more means that you have a 90% chance of having reflux, especially airway reflux