

Auckland Allergy Specialists

Name

Koufman Reflux Symptom Index Quiz (RSI)

Within the last month how did the following problems affect you? 0=No problem 5=Severe problem						
Hoarseness or a problem with your voice	0	1	2	3	4	5
Clearing your throat	0	1	2	3	4	5
Excess throat mucus or post-nasal drip	0	1	2	3	4	5
Difficulty swallowing food, liquids or pills	0	1	2	3	4	5
Coughing after eating or after lying down	0	1	2	3	4	5
Breathing difficulties or choking episodes	0	1	2	3	4	5
Troublesome or annoying cough	0	1	2	3	4	5
Sensation of something sticking in your throat or a lump in your throat	0	1	2	3	4	5
Heartburn, chest pain, indigestion, or stomach acid coming up	0	1	2	3	4	5
Your RSI Score is:						

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