

HOW DO I KNOW IF MY CHILD HAS REFLUX?

Many of your child's symptoms and respiratory illnesses may actually be due to acid reflux. Even serious medical problems that require physician care can be reflux-caused. Take this quiz and see if your child has reflux.

Disclaimer: This quiz does not provide a medical diagnosis; it is intended to simply help parents consider the possibility of acid reflux as a problem.

DOES MY CHILD HAVE ACID REFLUX? THE PEDIATRICS REFLUX INDEX (PRI)

Circle all that apply to your child's symptoms or current diagnosis on a scale of 0-to-5 (0, if not at all; 5, being severe).

Asthma	0	1	2	3	4	5
Stuffy nose	0	1	2	3	4	5
Runny nose	0	1	2	3	4	5
Ear infections	0	1	2	3	4	5
Sinus infections	0	1	2	3	4	5
Nasal congestion	0	1	2	3	4	5
Recurrent croup	0	1	2	3	4	5
Noisy breathing	0	1	2	3	4	5
Chronic cough	0	1	2	3	4	5
Spitting up (infants)	0	1	2	3	4	5
Always has a "cold"	0	1	2	3	4	5
Raspy voice	0	1	2	3	4	5
Obesity	0	1	2	3	4	5
				Total	_____	

Add up the circled numbers at the bottom to get your child's Pediatrics Reflux Index. If the total PRI score is more than 10, chances are your child has reflux.