Stanford Voice &

Swallowing Center

Reflux Symptom Index (RSI)	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 eat or after lying down						
6. Breathing difficulties or choking episodes						
7. Troublesome or annoying cough						
8. Sensation of something sticking in your throat or a lump in your throat						
9. Heartburn, chest pain, indigestion, or stomach acid coming up						