

**Otolaryngology Associates, P.C.  
The Reflux Symptom Index (RSI)**

<b>Within the last MONTH, how did the following problem affect you?</b>	<b>0 = No problem to 5 = Severe problem</b>					
1. Hoarseness or a problem with your voice	0	1	2	3	4	5
2. Clearing your throat	0	1	2	3	4	5
3. Excess throat mucous or postnasal drip	0	1	2	3	4	5
4. Difficulty swallowing food, liquids, or pills	0	1	2	3	4	5
5. Coughing after you ate or after lying down	0	1	2	3	4	5
6. Breathing difficulties or choking episodes	0	1	2	3	4	5
7. Troublesome or annoying cough	0	1	2	3	4	5
8. Sensations of something sticking in your throat or a lump in your throat	0	1	2	3	4	5
9. Heartburn, chest pain, indigestion, or stomach acid coming up	0	1	2	3	4	5
<b>TOTAL</b>						

Belafsky PC, Postma GN, and Koufman JA. Validity and reliability of the reflux symptom index (RSI). *Journal of Voice*. 2002. 16(2): 274-277.