

KEEP TRACK OF YOUR FREQUENT HEARTBURN

SYMPTOM
DIARY

A 2-WEEK SYMPTOM DIARY



Over The Counter.



HEARTBURN— WHAT IS IT?

This brochure will help you understand heartburn and what you can do about it. It includes a symptom diary for monitoring your heartburn and your therapy with Prilosec OTC. Hold onto the diary—it's a great tool to help you talk to your health care provider about heartburn.

Defining heartburn

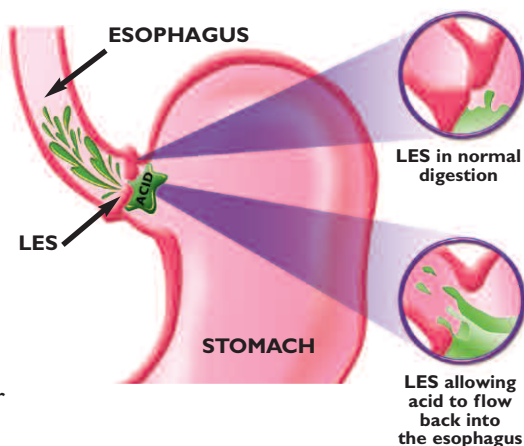
Heartburn can be caused when stomach acid refluxes, or flows backward, and comes in contact with your esophagus...unfortunately, the uncomfortable nature of heartburn affects millions of Americans every day.

Reflux is caused by a problem with a muscle called the lower esophageal sphincter (LES).

Normally, the LES lets food down into the stomach but blocks stomach acid from washing back up into the esophagus.

If the LES does not work properly, stomach acid can flow back into the esophagus—causing heartburn.

You may notice that smoking, overeating, consuming certain foods, or wearing restrictive clothing can make your heartburn symptoms worse.



TREATING YOUR FREQUENT HEARTBURN— WITH PRLOSEC OTC

Types of heartburn

Heartburn can occur with various frequency

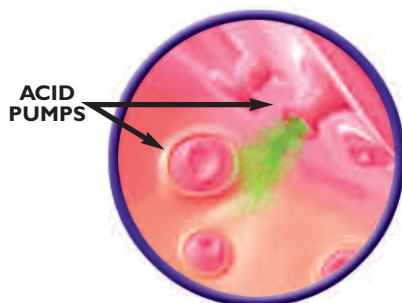
Episodic heartburn

- Heartburn on occasion (1 day a week or less)
- Often predictable and manageable

Frequent heartburn

- Heartburn 2 or more days a week
- Symptoms may affect daily life

A different type of OTC heartburn therapy



Representation of acid-producing pumps in the stomach shut down by Prilosec OTC

Prilosec OTC is a proton pump inhibitor (PPI), a medicine that works by shutting down many active acid pumps in the stomach while leaving enough acid for digestion. Prilosec OTC is the first PPI available over the counter (OTC) for frequent heartburn.

Over The Counter.



TREATING YOUR FREQUENT HEARTBURN— WITH PRILLOSEC OTC

Treatment with Prilosec OTC

- Prilosec OTC starts to work on the very first day*
- One pill a day works to relieve heartburn for up to 24 hours as part of a 14-day course of treatment
- Continued use over the course of 2 weeks helps to ensure acid production is consistently controlled

If you still experience heartburn or if it returns after your 14-day course of treatment, see your physician.

If you have frequent heartburn (heartburn 2 or more days a week), Prilosec OTC may be for you.

FOR THE NEXT 2 WEEKS, EACH TIME YOU EXPERIENCE HEARTBURN, WRITE IT DOWN...AND ANSWER THESE QUESTIONS.

Keep this diary—it's a great reference for you, as well as your health care provider.

* Not for immediate relief.

Over The Counter.



You may notice that certain foods or situations can trigger your heartburn.

DAY 1

DAY 2

SYMPTOMS	date	date
What symptoms did you experience? (eg, burning in chest, feeling of acid rising in throat)	_____	_____
	_____	_____
	_____	_____
How severe were these symptoms?	_____	_____
	_____	_____
How long did the symptoms last?	_____	_____
	_____	_____
IMPACT		
Did the symptoms affect your ability to sleep, work, or do any other activities?	_____	_____
	_____	_____
	_____	_____
POTENTIAL TRIGGERS		
Before symptoms appeared:	_____	_____
What did you eat and drink?	_____	_____
Were you experiencing stress?	_____	_____
	_____	_____
Did you do any of the following?	_____	_____
Exercise? Eat spicy or greasy food? Lie down after eating?	_____	_____
Smoke?	_____	_____
	_____	_____
	_____	_____
TREATMENT		
Did Prilosec OTC relieve your symptoms?	_____	_____
	_____	_____
When did it start to work, and for how long?	_____	_____
	_____	_____
	_____	_____

You may notice that certain foods or situations can trigger your heartburn.

DAY 3

DAY 4

SYMPTOMS	date	date
What symptoms did you experience? (eg, burning in chest, feeling of acid rising in throat)	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
How severe were these symptoms?	<hr/> <hr/>	<hr/> <hr/>
How long did the symptoms last?	<hr/> <hr/>	<hr/> <hr/>
IMPACT		
Did the symptoms affect your ability to sleep, work, or do any other activities?	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
POTENTIAL TRIGGERS		
Before symptoms appeared: What did you eat and drink? Were you experiencing stress?	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Did you do any of the following? Exercise? Eat spicy or greasy food? Lie down after eating? Smoke?	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
TREATMENT		
Did Prilosec OTC [®] relieve your symptoms?	<hr/> <hr/>	<hr/> <hr/>
When did it start to work, and for how long?	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

You may notice that certain foods or situations can trigger your heartburn.

DAY 8

DAY 9

SYMPTOMS	date	date
What symptoms did you experience? (eg, burning in chest, feeling of acid rising in throat)	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
How severe were these symptoms?	<hr/> <hr/>	<hr/> <hr/>
How long did the symptoms last?	<hr/> <hr/>	<hr/> <hr/>
IMPACT		
Did the symptoms affect your ability to sleep, work, or do any other activities?	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
POTENTIAL TRIGGERS		
Before symptoms appeared: What did you eat and drink? Were you experiencing stress?	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Did you do any of the following? Exercise? Eat spicy or greasy food? Lie down after eating? Smoke?	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
TREATMENT		
Did Prilosec OTC [®] relieve your symptoms?	<hr/> <hr/>	<hr/> <hr/>
When did it start to work, and for how long?	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

You may notice that certain foods or situations can trigger your heartburn.

DAY 13

DAY 14

SYMPTOMS	date	date
What symptoms did you experience? (eg, burning in chest, feeling of acid rising in throat)	_____	_____
	_____	_____
	_____	_____
How severe were these symptoms?	_____	_____
	_____	_____
How long did the symptoms last?	_____	_____
	_____	_____
IMPACT		
Did the symptoms affect your ability to sleep, work, or do any other activities?	_____	_____
	_____	_____
	_____	_____
POTENTIAL TRIGGERS		
Before symptoms appeared:	_____	_____
What did you eat and drink?	_____	_____
Were you experiencing stress?	_____	_____
	_____	_____
Did you do any of the following?	_____	_____
Exercise? Eat spicy or greasy food? Lie down after eating?	_____	_____
Smoke?	_____	_____
	_____	_____
	_____	_____
TREATMENT		
Did Prilosec OTC relieve your symptoms?	_____	_____
	_____	_____
When did it start to work, and for how long?	_____	_____
	_____	_____
	_____	_____

By reviewing your diary, you'll be able to track your progress with Prilosec OTC[®].

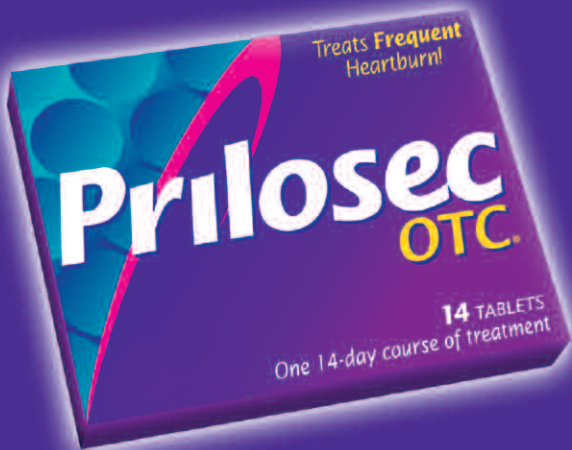
SUMMARY QUESTIONS

Before you started taking Prilosec OTC, how often did your heartburn occur? How severe was it?

And now, after taking Prilosec OTC for 2 weeks, do you still have any heartburn symptoms?

When did Prilosec OTC start to work for you?

What patterns have you noticed—is there a certain time of day, activity, or food that triggers your heartburn?



1 PILL A DAY. 24 HOURS. 0 HEARTBURN.*
It's Possible With Prilosec OTC.

* When used as directed for 14 days for treating frequent heartburn.

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