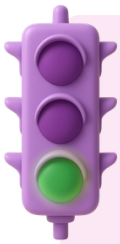
The EoE Care Pathway

1 Week 0 Initial Evaluation



History: Pediatrics

Feeding difficulties, vomiting, texture avoidance, abdominal pain, poor weight gain, failure to thrive, reflux not improving with treatment, etc.

History: Adults

Difficulty swallowing or food getting stuck in the esophagus, excessive drinking with meals, prolonged chewing, abdominal pain, etc.

Diagnostics

- Endoscopy: looking at the esophagus with a scope and taking tissue samples (biopsies)
- Exclude mimickers: GERD (acid reflux), infections, Crohn's, celiac, etc.
- Checking blood tests (like eosinophils) may be helpful for some people

2 Week 0-12 Therapy Options to Discuss with Doctor

Therapy	PPI Therapy	Swallowed topical corticosteroid	Dietary Therapy *consider dietitian involvement*	Biologic Therapy *(where available)*
Example Regimen	Omeprazole, or other PPI	Budesonide or Fluticasone	Removing 1-6 common trigger foods at first	Dupilumab
Notes	After taking these medications, avoid eating or drinking for 30 minutes		If needed, removing more trigger foods (support from a dietitian can be helpful)	This type of medicine may be used if other treatments are not working

3 Weeks 12-24 Response Assessment

*Assessment includes symptoms AND endoscopy with biopsies

Complete Response

Stay on your current treatment

Partial Response

Adjust the dose, check how you are taking treatment, or try a different option

No Response

Confirm correct diagnosis, ensure treatment is being taken correctly, adjust treatment, or consider combination therapy

4 After Initial Treatment Period Maintenance Phase

- Keep taking treatment that works for you
- Watch for symptoms or changes in eating

Endoscopic surveillance
Have regular follow-up scopes, or when recommended

Nutrition
Monitor nutrition, especially if you are avoiding certain foods or food groups

Allergy/Immunology
Manage allergic conditions, note IgE not predictive of food triggers

Emotional Health
EoE can also affect emotions and eating behaviors, and support from a psychologist can help

5 Managing Esophagus Narrowing

- If your esophagus becomes narrow or swallowing is still difficult:
- **Intervention**
  A procedure may be done to gently stretch the esophagus
- Continue treatment to keep symptoms from coming back

Key Principles

- EoE is a chronic or long-term condition that usually comes back if treatment is stopped
- Both inflammation and damage to the esophagus need to be treated
- You and your healthcare provider should make decisions together about your care
- Symptoms can continue even with a normal biopsy, so the patient's experience is essential

This information does not replace medical care. Treatment options vary by individual needs and availability. Use this document to guide discussions with your healthcare provider.

Learn more at **eoeday.org**

World Eosinophilic Esophagitis Day
22 May