

Interventions

Elimination Diet

Food Being Eliminated

One of the initial treatment options for eosinophilic esophagitis is elimination diet. A six-food elimination diet or a four-food elimination diet are both viable options. Foods that are eliminated typically include common allergens (e.g., dairy products, wheat, egg, soy). This approach to treatment should be coordinated with a dietician since elimination diet can result in restriction of calories and nutrients.

Proton Pump Inhibitors (PPIs)

Proton Pump with Inhibiting-chains

Proton pump inhibitors are one of the first-line medications for eosinophilic esophagitis. The clinical response should be evaluated after an 8-week course of treatment. At the end of the 8-week course, endoscopy is also frequently done to evaluate histologic response.

Topical Glucocorticoids

Top-hat Quarter-on-steroids

Topical glucocorticoids are also first-line medications for eosinophilic esophagitis. Fluticasone treatment for 4-8 weeks is typically recommended. The drug is sprayed in the back of the mouth, and the patient is instructed to swallow so that the drug coats the mucosal surface of the esophagus.