



This sheet gives you a brief summary of the types of medications used to treat Eosinophilic Esophagitis (EoE). It explains how they're given and the benefits of each. Please talk about specific medications with your child's doctor.

Swallowed steroids

EOHILIA® and Pulmicort® (Budesonide), Mometasone, Fluticasone HFA, Alvesco® (Ciclesonide HFA), Asmanex® (Mometasone HFA)

What are the benefits of swallowed steroids?

- They reduce inflammation in the esophagus and improve symptoms of EoE.
- They may allow your child to eat a normal diet with fewer or no restrictions (limitations).

What are the side effects of swallowed steroids?

- A small number of children can develop "thrush" – a yeast infection in the mouth. This can be treated with an antifungal medication.
- The overall risk of serious side effects is low. Your child's physician will follow their growth and weight and monitor bloodwork while they're taking swallowed steroids.

How is this medication taken?

- Swallowed steroids are taken by mouth 1 or 2 times a day.
- **Budesonide** comes as a liquid medication. It's available in ready-to-use single-dose packets (EOHILIA®). It can also be mixed and flavored by a specialty pharmacy or you can mix it at home.
- **Mometasone** comes as a liquid medication. It's mixed and flavored by a specialty pharmacy.
- **Fluticasone HFA, Ciclesonide HFA and Mometasone HFA** are inhalers typically used for asthma. When they're used for EoE, they don't use a spacer. Your child should close their lips around the inhaler, hold their breath and spray the medication into their mouth. They should swallow after each spray.
- Your child should rinse their mouth and spit after taking any swallowed steroid. They shouldn't eat or drink for at least 30 minutes after taking the medication.

Antacid/proton pump inhibitor (PPI)

Prilosec® (Omeprazole), Nexium® (Esomeprazole), Prevacid® (Lansoprazole), Protonix® (Pantoprazole), AcipHex® (Rabeprazole)

What are the benefits of an antacid/PPI?

- They reduce inflammation in the esophagus and improve symptoms of EoE.

- They lower the amount of acid made in the stomach and treat stomach ulcers, heartburn and stomach irritation.
- They may allow your child to eat a normal diet with fewer or no restrictions.

What are the side effects of an antacid/PPI?

- They may cause a headache, diarrhea, nausea and vomiting (throwing up).
- Long-term side effects are rare but include the risk of fractures, vitamin deficiencies, lung infections, gastrointestinal infections and kidney disease.

How is this medication taken?

- Antacids/PPIs are taken by mouth 1 or 2 times a day. They're available as a pill, liquid, chewable tablet or powder.
- This medication works best when it's taken before eating.

Biologic therapy

Dupilumab (Dupixent®)

What are the benefits of biologic therapy?

- It lowers inflammation in the esophagus and improves symptoms of EoE. It is also used to treat children with asthma and eczema.
- It may allow your child to eat a normal diet with fewer or no restrictions.

What are the side effects of biologic therapy?

- Your child may have pain at the injection site.
- It may increase your child's risk of upper respiratory infections, cold sores in their mouth or on their lips and joint pain.

How is this medication taken?

- It's given as an injection into the skin (stomach, thigh or upper arm) as directed by your child's doctor. You or your child will give this injection at home.

Learn more

GIKids: <https://gikids.org/eosinophilic-esophagitis>

EoE Home: <https://eosinophilicesophagitishome.org>

American Partnership for Eosinophilic Disorders (APFED): <https://apfed.org>

Campaign Urging Research for Eosinophilic Disease (CURED): <https://curedfoundation.org>

This Family Education Sheet is available in Spanish.