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MEDICAL TREATMENT of EOSINOPHILIC ESOPHAGITIS

Method	Specific Recommendation or Dosage
Elimination diet therapy	
Six food elimination	milk, soy, egg, wheat, peanut, tree nuts, fish, shellfish
Four-food elimination	Milk, soy, egg, wheat
Allergy testing based	Elimination of foods based on results IgE or patch testing
Omeprazole	Children: 1 mg/kg (20-40 mg) max dose) 1-2 times a day Adults: 40 mg 1-2 times a day
Glucocorticoids	
Fluticasone	Children: 220-440 mg bid Adults: 440-880 mg bid
Budesonide	Children: 0.25-0.5 mg bid Adults: 1-2 mg bid
Budesonide viscous suspension	Children <10 yrs: 1 mg daily Children >10 yrs and adults: 2 mg daily

Furuta GT, Katzka DA, NEJM 373:1640-1648, 2015

Cianferoni A, Spergel JM, Curr Opin Allergy Immunol 15:417-425, 2015

Liacouras CA, JACI 128: 3-20, 2011

VEHICLES for ORAL VISCOSUS BUDESONIDE (OVB)

OVB	Vehicle dose	Pulmicort Respule, 0.5 mg/vial	Dose
Splenda	Splenda 5 packets	1 Pulmicort vial	0.5 mg
	Splenda 10 packets	2 Pulmicort vials	1.0 mg
	Splenda 20 packets	4 Pulmicort vials	2 mg
Honey	1 tsp	1 Pulmicort vial	0.5 mg
	2 tsp	2 Pulmicort vials	1.0 mg
	4 tsp	4 Pulmicort vials	2 mg
Apple sauce	1 tsp	1 Pulmicort vial	0.5 mg
	2 tsp	2 Pulmicort vials	1.0 mg
	4 tsp	4 Pulmicort vials	2 mg

Lee J, J Allergy Clin Immunol Pract 2016; 4(4):767-768.

- **No solid or liquid food for 30 minutes after OVB administration**

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FOOD ALLERGY in EOSINOPHILIC ESOPHAGITIS

Least allergenic

Most allergenic

(Add several foods
over a period of time)

(Add one food over
a period of time)

A	B	C	D
<p>Vegetables (non-legume) Carrots, squash (all types, sweet potato, white potato, string beans, broccoli, lettuce, beets, asparagus, cauliflower, brussel sprouts</p> <p>Fruit (non-citrus, non-tropical) Apple, pear, peaches, plum, apricot, nectarine, grape, raisins</p> <p>Vegetables Tomatoes, celery, cucumber, onion, garlic, any other vegetables</p>	<p>Citrus fruits Orange, grapefruit, lemon, lime</p> <p>Tropical fruits Banana, kiwi, pineapple, mango, papaya, guava, avocado</p> <p>Melons Honeydew, cantaloupe, watermelon</p> <p>Berries Strawberry, blueberry, raspberry, cherry, cranberry</p> <p>Grains Rice, millet, quinoa</p>	<p>Legumes Lima beans, chickpeas, white/black/red beans</p> <p>Grains Oat, barley, rye, other grains</p> <p>Meat* Lamb, chicken, turkey, pork</p> <p>*Progress from well-cooked to rarer</p>	<p>Fish/shellfish</p> <p>Corn</p> <p>Peas</p> <p>Peanut</p> <p>Wheat</p> <p>Beef</p> <p>Soy</p> <p>Egg</p> <p>Milk</p>