

# Eosinophilic Esophagitis (EoE) in Children: Parent Guide

Symptoms, diagnosis, and modern treatment options (specialist-guided).

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## Quick note:

This guide is for general education. It cannot diagnose your child. If you are worried, trust your instincts and seek medical care.

## What eosinophilic esophagitis (EoE) is

Eosinophilic esophagitis is an inflammatory condition of the esophagus driven by immune reactions (often food-related). It can cause trouble swallowing, food getting stuck, chest/upper belly pain, and feeding difficulty.

- It is diagnosed by endoscopy with biopsies.
- Symptoms can overlap with reflux, but the treatment plan is different.

## Symptoms by age

- Infants/toddlers: feeding refusal, vomiting, poor weight gain, gagging.
- School-age: belly pain, reflux-like symptoms, slow eating, picky textures.
- Teens: solid-food dysphagia, food impaction, chest discomfort.

## How diagnosis is made

- Endoscopy with biopsies is required to confirm EoE.
- Your clinician may also assess for other causes of symptoms (reflux, infection, anatomic narrowing).

## Treatment options (specialist-guided)

- Anti-inflammatory medicine in the esophagus (often swallowed topical steroids).
- Proton pump inhibitor therapy in selected patients.
- Diet therapy: targeted elimination (common triggers) or other diet approaches with dietitian support.
- Monitoring: symptoms + repeat endoscopy in many cases to confirm healing.

If your child has food stuck in the esophagus, seek urgent medical care.

## Daily life tips

- Encourage slow chewing and small bites; drink sips of water with solids.
- Teach older kids to report food-stuck symptoms early.
- If diet elimination is used, involve a dietitian to avoid nutrient deficiencies.

## Key sources (for clinicians and curious parents)

These are major guideline-style references used to shape recommendations. Your clinician may follow local protocols.

- bullet ESPGHAN position papers and pediatric EoE guideline-style recommendations (diagnosis via endoscopy/biopsy; treatment with diet and/or swallowed topical steroids).
- bullet NASPGHAN educational materials on EoE and dysphagia.

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