

# EOSINOPHILIC ESOPHAGITIS

## Dietary Management Flow Chart

Following diagnosis: Discuss patient goals & pros/cons of all options<sup>1</sup>

PATIENT READY TO IDENTIFY FOOD TRIGGERS?

YES

NO

**DIETARY MANAGEMENT** - Consult Registered Dietitian (RD)<sup>2</sup>  
Consider as a first-line option for all patients - may allow for prolonged, drug-free remission<sup>3</sup>

**DILATION**  
Consider as adjunct for refractory strictures<sup>4\*</sup>

**PHARMACOLOGIC MANAGEMENT**

Swallowed topical steroid<sup>5†</sup> | PPI<sup>5†</sup> | Dupilumab Injection<sup>6†</sup>

**ELIMINATION DIET**

Empiric (1-8 foods)

Test-directed - Consult Allergist<sup>2</sup>

**COMBINATION**

Elimination diet + supplement AAF

**ELEMENTAL DIET (AAF)**

Consider **Neocate® Nutra** as delivery vehicle for OVB<sup>7</sup>

**MEETING NUTRIENT NEEDS?**

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YES

NO

Refer to RD Supplement with AAF &/or micronutrients<sup>2</sup>

**NEOCATE® PROVIDES THE MOST OPTIONS FOR YOUR PATIENTS**



Neocate® Syneo® Infant



Neocate® Nutra<sup>1</sup>



Neocate® Junior  
Unflavored, Vanilla, Strawberry, Chocolate, Tropical

Neocate® Splash  
Unflavored, Grape, Orange-Pineapple, Tropical Fruit, Vanilla

Individual needs as directed by healthcare professional  
<sup>1</sup>Neocate Nutra is a hypoallergenic semi-solid food - not suitable as sole source of nutrition.

Monitor diet efficacy and quality, growth, quality of life, feeding difficulties, and micronutrient status<sup>2</sup>

Reintroduce 1 food/food group at a time as medically feasible/tolerated,<sup>2</sup> or per local protocol - Consult Allergist<sup>8</sup>

Refer to RD Consider supplement with formula &/or micronutrients

Monitor for:  
• relapse/failure  
• potential steroid side effects (adrenal insufficiency<sup>9</sup> and esophageal candidiasis<sup>10</sup>)  
• potential dupilumab side effects<sup>6</sup>

Periodically reassess readiness/preference for dietary management as long-term solution

Neocate® is a family of hypoallergenic, amino acid-based medical foods for use under medical supervision and is indicated for cow milk allergy, multiple food allergies and related GI and allergic conditions.

AAF = amino acid-based formula; OVB = oral viscous budesonide; PPI = proton pump inhibitor

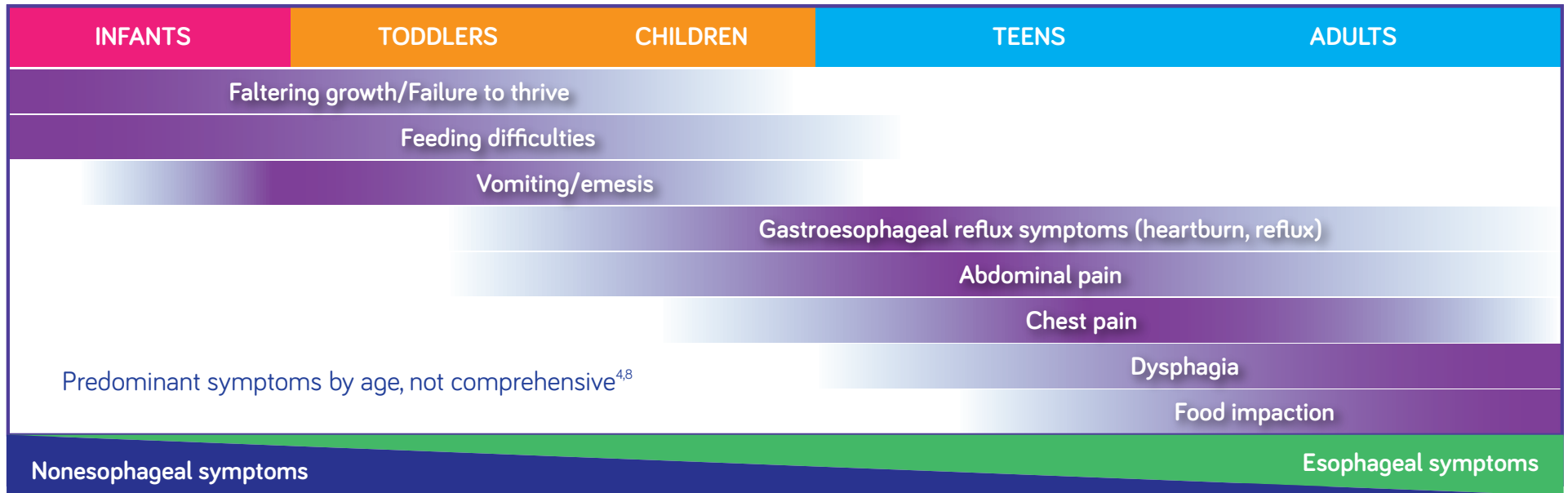
\*Dilation can help manage symptoms, but not underlying esophageal eosinophilia<sup>4</sup>

†Not FDA approved for use in EoE.

‡Dupilumab is indicated to treat adults and children 12 years of age and older, who weigh at least 88 pounds (40 kg), with eosinophilic esophagitis (EoE). It is not known if dupilumab is safe and effective in children with eosinophilic esophagitis under 12 years of age and who weigh at least 88 pounds (40 kg).<sup>6</sup>

1. Doerfler, et al. Dis Esophagus. 2014; 2. Groetch, et al. J Allergy Clin Immunol Pract. 2017;5:312-24.e29.
3. Arias, et al. Gastroenterology. 2014;146:1639-48. 4. Dellon, et al. Am J Gastroenterol. 2013;108:679-92.
5. Dellon, et al. Gastroenterology. 2018;155:1022-33.e10. 6. www.dupixent.com. Accessed 01/19/23.
7. Rubinstein, et al. J Pediatr Gastroenterol Nutr. 2014;59:317-20. 8. Durban, et al. Pract Gastroenterol. 2018;42:40-51. 9. Philpott, et al. Aliment Pharmacol Ther. 2018;47:1071-8. 10. Spergel, et al. Allergy. 2020. 11. Furuta, et al. Gastroenterology. 2007;133:1342-63. 12. Dellon, et al. Clin Gastroenterol Hepatol. 2014;12:589-96. 13. Mulkada, et al. Pediatrics. 2010;126:e672-e7. 14. Lucendo. Curr Gastroenterol Rep. 2015;17:464.

# Is your patient showing possible signs and symptoms of EoE?<sup>10,11</sup>



## Do they share factors common among patients diagnosed with EoE?



**MALE:**  
Two of every three patients diagnosed with EoE are male<sup>12</sup>



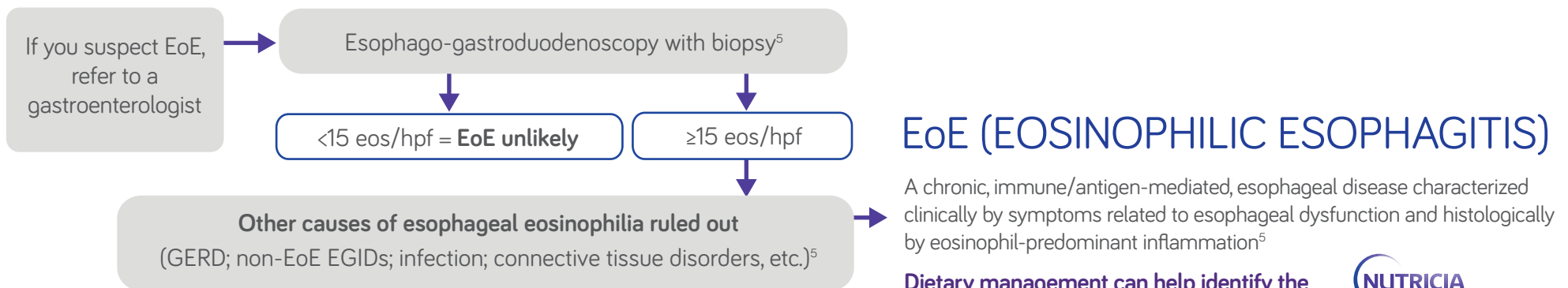
**UNUSUAL EATING BEHAVIORS:**  
Slow eating, lots of fluid with meals,<sup>10</sup> and preference for pureed textures are seen in children<sup>13</sup>



**ATOPIC:**  
Asthma, allergic rhinitis, IgE-mediated food allergy, and atopic dermatitis are more common in EoE than the general population<sup>10</sup>



**AUTOIMMUNE CONDITIONS:**  
Celiac disease, inflammatory bowel disease, multiple sclerosis, rheumatoid arthritis and others have been associated with EoE<sup>5</sup>



EGID = eosinophilic gastrointestinal disorder;  
eos/hpf = eosinophils per high power field  
GERD = gastroesophageal reflux disease