

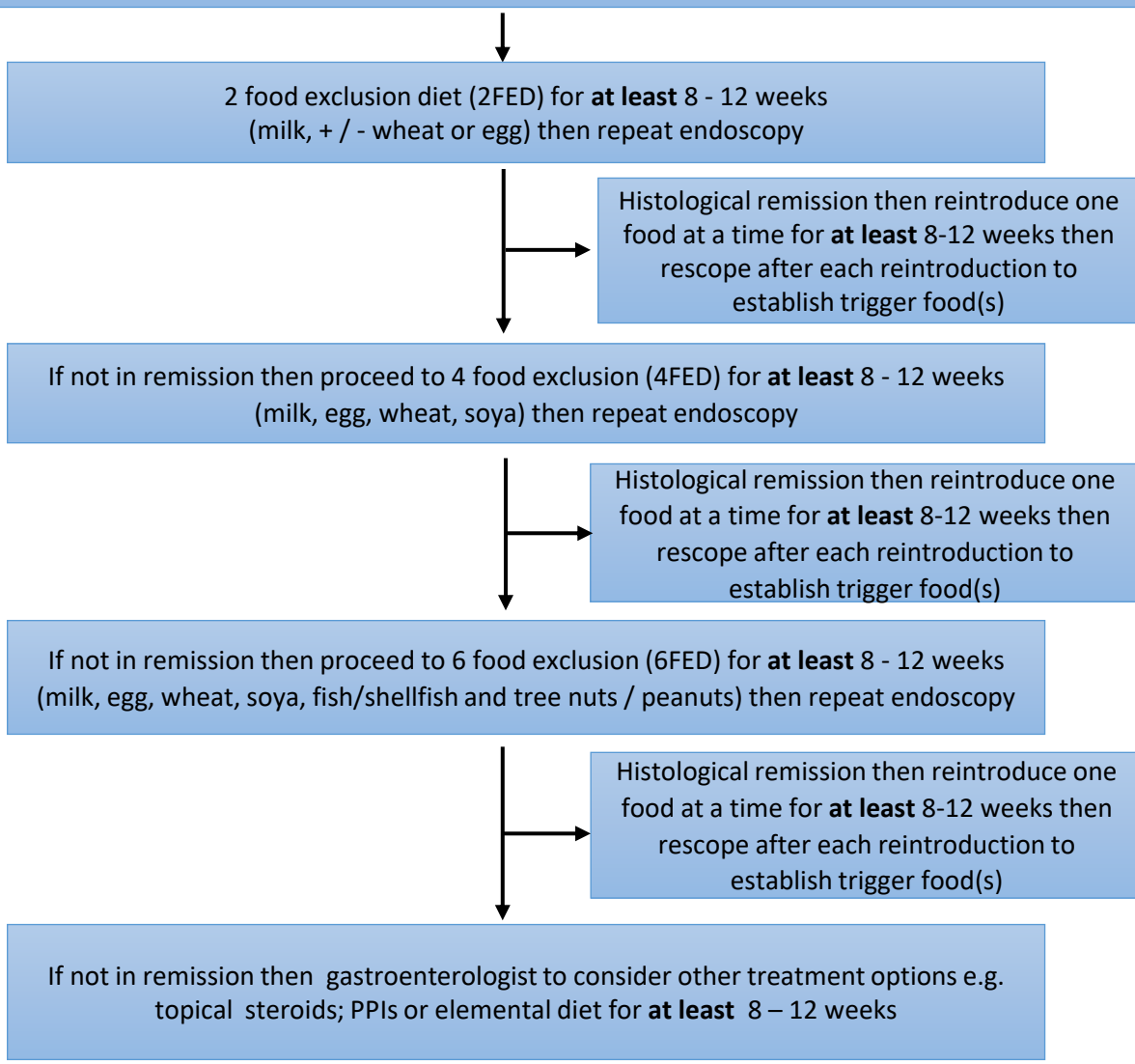
# Algorithm for dietary management of eosinophilic oesophagitis (EoE) in paediatrics\*

Lucy Jackman & Kerryn Moolenschot on behalf of the BSPGHAN EoE working group

Histological diagnosis of EoE confirmed by a gastroenterologist  
 Treatment options\* discussed with patient / parent / guardian - PPI, topical steroids and dietary management  
 Exclusion diet chosen as treatment by patient / parent / guardian and referred to dietitian

## Full dietetic assessment (A, B, C, D, E) with key considerations:

- Growth history – consider how dietary exclusions could impact growth and aim to minimise exclusions
- Primary endoscopy (eosinophil counts); blood results; micronutrient deficiencies; coeliac screen
- Diet at diagnosis including current and previous food exclusions – are further exclusions realistic for patient to follow if already on restricted diet e.g. for multiple confirmed food allergies?
- Allergy focused history (IgE and non-IgE mediated food allergies) – diet treatment of EoE may vary if already excluding some of 6FED e.g. if milk already excluded for confirmed milk allergy then consider egg and wheat for 2FED
- Feeding behaviour and symptoms e.g. length of mealtime; difficulty swallowing; drinking with meals – consider support with food aversions / fussiness
- Medications, supplements and oral nutrition supplements (ONS) – consider appropriate additional calorie / micronutrient needs in on exclusion diet (see table below)
- Complete Pediatric Eosinophilic Esophagitis Symptom Scores (PEESS) <https://eprovide.mapi-trust.org/instruments/pediatric-eosinophilic-esophagitis-symptom-severity-module-version-2.0>



Cows Milk	Wheat	Egg	Soya	Nuts	Fish/seafood
Protein Calcium Magnesium Phosphorus Iodine Riboflavin Pantothenic acid Vitamin A, B12, D	Fibre Zinc Selenium Calcium Iron Thiamine Niacin Riboflavin Folic Acid	Protein Selenium Iron Iodine Folate Riboflavin Pantothenic acid Biotin Vitamin A, B12, D, E	Protein Fibre Calcium Phosphorus Magnesium Iron Zinc Thiamine Riboflavin Vitamin B6 Folate	Protein Selenium Zinc Magnesium Phosphorus Niacin Vitamin E Vitamin B6	Protein Iodine Selenium Boned fish: calcium and phosphorus Fatty fish: Vitamin A, D, n-3 PUFA

\*Guidance only; individualised approach recommended

\*For full guidance:

Lucendo et al (2017). Guidelines on eosinophilic esophagitis: evidence-based statements and recommendations for diagnosis and management in children and adults. UEG Vol. 5(3) 335–358. Papadopoulou et al 2014. Management Guidelines of Eosinophilic Esophagitis in Childhood, JPGN vol. 58, no. 1, pp. 107-118.

Algorithm Published: 9<sup>th</sup> November 2021. Date for review November 2024