

Eosinophilic Esophagitis (EoE) Question Checklist

It is common to have questions about an illness, particularly a chronic illness such as EoE, but you may not know where to start when speaking with your healthcare provider. Here are some questions you may find helpful to ask your provider to learn about EoE, what causes it, and treatment options for you or your child.

Causes of EoE



- How do we figure out the cause of my/my child's EoE?
- How long will my/my child's EoE last? Will it go away on its own?
- Can my children get EoE?

Dietary options for managing EoE



- How will my/my child's diet need to change?
- How long will I/my child need to be on a restricted diet?
- Are there food substitutions I/my child can use to replace other foods?
- Will I/my child need to work with a dietitian or nutritionist?
- Will I/my child need to take vitamin supplements?

Medications for managing EoE



- What are the different types of medications for EoE?
- How long will I/my child need to be on medication?
- How effective are the different medications for EoE?
- What are the possible side effects of the medications?
- How are the medications taken?
- How often are the medications taken?
- How long will it take to see an improvement in my/my child's symptoms?
- Will my insurance cover the medication?

Ongoing EoE follow-up



- What symptoms should I watch out for?
- How often will I/my child need follow-up care?
- Does follow-up include tests?
- How do we tell if my/my child's treatment is working?
- How long do I/we need to be on a treatment to see if it's working?
- What do I/we do if my treatment doesn't work well or has side effects?