

## **ADVICE REGARDING EOSINOPHILIC OESOPHAGITIS**

Often a **Six food elimination diet (SFED)** can help control symptoms of Eosinophilic Oesophagitis.

The six foods to avoid include (**Most common 4 in bold**):

- 1) **Cow's milk**
- 2) **Soy Milk**
- 3) **Gluten/ Wheat**
- 4) **Eggs**
- 5) Peanuts/Nuts
- 6) Seafood

Often this diet is best implemented through a Dietician.

### **Other treatment options:**

1. Acid suppression with medications with Proton Pump Inhibitors (e.g. Rabeprazole, Esomeprazole)
2. Swallowed asthma steroid sprays e.g. Flixotide (2 puffs swallowed with sip of water twice daily).

Repeat Gastrosopies are required to reassess activity and response to changes in diet or therapy.

It is also important to eat foods such as **meat and bread slowly** as these can commonly cause oesophageal obstruction.

Further information can be found at Ausee - [www.ausee.org](http://www.ausee.org)