

COULD IT BE EoE?



Track Your Child's Symptoms

Use this guide to help track your child's symptoms. Involve your child by having them help answer the questions. Bring the completed tracker to your child's next doctor's appointment for a productive conversation and to start the road to diagnosis and treatment.

Common EoE Symptoms by Age Group

Infants/Toddlers:

Refusal to eat, irritability, gagging, choking, vomiting, failure to grow and maintain weight

School-Age Children:

Vomiting, difficulty swallowing, reflux, abdominal pain, heartburn, and decreased appetite

Adolescents:

Difficulty swallowing, food impaction, heartburn/acid reflux

Remember to ask your healthcare provider about your child's development to ensure they are on track. This is important while you monitor and manage their EoE symptoms.

Get Started by Answering These Questions:

I first noticed my child's challenges with food at age _____ (month/years)

Has your child had trouble swallowing food recently?

- ☐ Yes
- ☐ No

If they've had trouble swallowing food, how many times in the past week?

- ☐ 1
- ☐ 2-6
- ☐ 7 or more

Do you feel their symptoms have impacted your day-to-day life, especially when it comes to eating?

- ☐ Yes
- ☐ No

Does your child avoid eating in social settings?

- ☐ Yes
☐ No

Circle all the symptoms you've noticed with your child.

 Food refusal	 Vomiting	 Heartburn/acid reflux	 Symptoms similar to gastroesophageal reflux disease (GERD)
 Difficulty swallowing	 Excessive chewing	 Uncooperative around food	 Adding excessive sauces or liquids
 Slow eating	 Irritability	 Failure to maintain weight and grow	

Ways I've tried to make eating easier for them:

- ☐ Modifying food, such as putting it in the blender
☐ Adding sauces or liquids to their food
☐ Avoiding or eliminating certain foods from their diet
☐ Giving them a lot of liquids to drink during meals
☐ Avoid giving them medications in pill or tablet form
☐ Other: _____

Have you noticed any symptom changes while trying to make swallowing easier for your child?

My child's symptoms have:

- ☐ Improved
☐ Stayed the same
☐ Become worse
☐ Other: _____

Write any other observations here:

Learn How to Track Your Child's Symptoms

Before your child's next appointment, fill out the chart below. Once a week, reflect on your child's symptoms over the last 7 days. Personalize this chart with their name and the week, and rate how bad each symptom was for your child.

Use a scale of 1 to 5, with 1 being mild to not present and 5 being very severe. Check out the sample chart below.

Jane's Weekly Symptom Tracker

Week of:	Symptom X	Symptom Y
6/03	3	5
6/10	3	5
6/17	4	4

Tip: Place the tracker on your fridge for easy access.

Weekly Symptom Tracker

Week of:	Gagging/ Vomiting	Food Refusal	Abdominal Pain	Difficulty Swallowing	Heartburn/ Acid Reflux

Note other symptoms or anything else you'd like to discuss with your child's doctor:

GET AN ACCURATE DIAGNOSIS

EoE is often mistaken for other conditions, such as food allergies or gastroesophageal reflux disease (GERD), but these conditions are each managed differently. That's why it's important to talk to your child's doctor about their symptoms and get referred to a pediatric gastroenterologist (GI).

A GI is the only doctor able to perform an endoscopy with biopsy, which is necessary to diagnose EoE.

Have Your Child Draw How They Feel

Use this space to let your child show you how they feel about food.

