



Track your child's symptoms and behavior changes

Whether your child is diagnosed or you believe they may have EoE, use this document to assess the impact of EoE on their daily life, track their symptoms and behavior changes, and prepare for doctor visits. Involve your child by having them help answer the questions. Make sure you take the completed tracker to your child's next doctor visit as it will make it easier for you to track changes in your child's symptoms and behaviors, which can help your doctor to track their EoE over time, and can be a good starting point for discussions.

Common EoE symptoms and behaviors 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, or do you avoid social situations that involve your child eating?

☐ 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:

- ☐ Giving them a lot of liquids to drink during meal or adding sauces or liquids to their food
- ☐ Modifying food, such as putting it in the blender
- ☐ Making mealtimes longer
- ☐ Avoiding or eliminating certain foods from their diet
- ☐ Avoiding giving them medications in pill or tablet form
- ☐ Making excuses to avoid them eating in public
- ☐ 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:

Your child's symptom and behavior changes tracker

Before your next appointment, try to fill out the charts below. Once a week, reflect on your child's symptoms from the last 7 days. Under "Symptom", note the week you are tracking your child's symptoms. For each week that they experienced a symptom, place a checkmark in the corresponding box.

Check out the EXAMPLE chart below.

Symptoms	Week of: 08/04	Week of: 08/11	Week of: 08/18	Week of: 08/25	Week of: 09/01	Week of: 09/08
Vomiting		✓				
Heartburn/acid reflux				✓	✓	
Symptoms similar to gastroesophageal reflux disease (GERD)					✓	
Difficulty swallowing		✓				
Irritability						
Failure to maintain weight						
Other: _____						
Other: _____						

Complete the blank charts on the next page.

Symptom tracker

For each week your child experiences symptoms, place a checkmark in the corresponding box to track their symptoms:

Symptoms	Week of:	Week of:	Week of:	Week of:	Week of:	Week of:
Vomiting						
Heartburn/acid reflux						
Symptoms similar to gastroesophageal reflux disease (GERD)						
Difficulty swallowing						
Irritability						
Failure to maintain weight						
Other: _____						
Other: _____						

Behavior changes tracker

Under “Behavior changes”, note the week you are tracking. Then, place a checkmark in the corresponding box for every change you’ve made to try and make eating easier for your child.

Behavior changes	Week of:	Week of:	Week of:	Week of:	Week of:	Week of:
Adding excessive sauces or liquids to solid foods						
Offering them lots of liquids to drink during meals						
Modifying food, such as putting it through a blender						
Making mealtimes longer						
Removing certain foods from their diet						
Avoid eating in public						
Excessive chewing						
Slow eating						
Being uncooperative around food						
Food refusal						
Other: _____						
Other: _____						

Your doctor conversation guide for your child

This guide is designed to help you have useful discussions with your child's pediatric GI doctor (a doctor specializing in disorders of the digestive system, including the esophagus, stomach and intestines) by giving you questions that may be helpful.



Eosinophilic esophagitis (EoE)

- ☐ What lifestyle changes can I make to help manage my child's symptoms?
- ☐ What are some things (e.g., foods, allergens) that might make my child's symptoms worse?
- ☐ Can we book a follow-up appointment to discuss any changes in my child's symptoms?

Treatment and management

- ☐ What treatments can help with my child's EoE symptoms?
- ☐ What is the most effective treatment for my child, based on their history and symptoms?
- ☐ If my child's symptoms are controlled by a treatment, will they still need to adapt the way they eat?

Add your own or your child's question(s):

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After your appointment, remember to follow through on any actions proposed by your doctor.

Not sure who to speak to about EoE?

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