



YOUR ALL-IN-ONE EoE TOOLBOX

Whether you're diagnosed or believe you might have EoE, use this document to assess the impact of EoE on your daily life, track your symptoms and behavior changes over time, and prepare for doctor visits.

Feel free to complete as many parts as you like. Make sure you take your completed tracker to your next doctor visit as it will be a good starting point for discussions. This will help your doctor assess whether your EoE has got worse, and determine next steps.



Your symptom and behavior changes tracker

Before your next appointment, you may find it useful to fill out the charts below. Once a week, reflect on your symptoms from the last 7 days. Under "Symptoms", note the week you are tracking your symptoms. For each week in which you 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: 8/25	Week of: 09/01	Week of: 09/08
Difficulty swallowing	✓	✓	✓	✓	✓	✓
Chest pain			✓			✓
Heartburn		✓				
Food stuck in throat				✓	✓	
Coughing						
Vomiting						✓
Other: _____						
Other: _____						

Complete the blank charts on the next page.

Symptom tracker

For each week you experienced symptoms, place a checkmark in the corresponding box to track your symptoms:

Symptoms	Week of:	Week of:	Week of:	Week of:	Week of:	Week of:
Difficulty swallowing						
Chest pain						
Heartburn						
Food stuck in throat						
Coughing						
Vomiting						
Other: _____						
Other: _____						

Additional notes:

Behavior changes tracker

Under “Behavior changes”, note the week you are tracking your behavior changes. Then, place a checkmark in the corresponding box for every change in behavior that you’ve made due to symptoms of EoE that week.

Behavior Changes	Week of:	Week of:	Week of:	Week of:	Week of:	Week of:
Drinking excess fluids during meals						
Cutting up food into tiny pieces						
Taking a long time to eat your meal						
Avoiding hard-texture foods						
Chewing excessively						
Avoiding tablets or pills						
Avoiding eating out socially						
Other: _____						
Other: _____						

Additional notes:

Advocate for yourself

It's your body, so you know it best. Don't be afraid to speak up about your symptoms and advocate for yourself. A second opinion could be helpful. Gastroenterologists (GI doctors) specialize in symptoms relating to the digestive system (including the esophagus, stomach, intestines and other organs relating to digestion) and may be a good option.

Your doctor conversation guide

This guide is designed to help you have useful discussions with your doctor by giving you questions that may be helpful. It is important to ask your doctor questions to make sure you get the optimum care.

Causes and symptoms of Eosinophilic esophagitis (EoE)

- ☐ What causes my EoE symptoms?
- ☐ What lifestyle changes can I make to help manage my symptoms?
- ☐ Why are my EoE symptoms not going away with diet changes?
- ☐ What should I do if my EoE symptoms get worse?
- ☐ Can we book a follow-up appointment to discuss any changes in my symptoms?

Treatment and management

- ☐ What treatments can help with my EoE symptoms?
- ☐ What would be the most effective treatment for me, based on my history and symptoms?
- ☐ If my symptoms are controlled by a treatment, can I start eating certain foods again?
- ☐ What are the benefits and potential side effects of my treatment options?
- ☐ What are the pros and cons of esophageal dilation compared with biologics?

Add your own 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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