Eosinophilic Esophagitis

Diagnosis, treatment ladder, maintenance therapy, and pediatric considerations in eosinophilic esophagitis.

2025 ACG Clinical Guideline
Diagnosis & Management of EoE
Dellon et al. · Am J Gastroenterol 2025;120:31–59

GRADE · Strong Rec · Conditional Rec

1 Diagnosis

STATEMENT	GRADE
Diagnose EoE based on **symptoms of esophageal dysfunction** plus **≥15 eos/hpf** on biopsy, after evaluating for non-EoE causes of esophageal eosinophilia	1 · Strong
Use a **systematic endoscopic scoring system** (e.g., EoE Endoscopic Reference Score) at every endoscopy	1 · Strong
Obtain **≥6 esophageal biopsies from ≥2 levels** (e.g., proximal/mid and distal), targeting endoscopic findings when possible	1 · Strong
Quantify eosinophil counts on esophageal biopsies at **every endoscopy** performed for EoE	1 · Strong

2 Treatment — Pharmacologic & Dietary

CATEGORY	STATEMENT	GRADE
PPI	Suggested as a treatment for EoE	2 · Conditional
Topical steroids	Swallowed topical steroids recommended; either fluticasone propionate or budesonide suggested	1 / 2
Dietary elimination	Empiric food elimination diet suggested; allergy testing **not suggested** to direct elimination diets	2 · Conditional
Biologics	Dupilumab suggested for age ≥12y and pediatric (1–11y) nonresponsive to PPI; insufficient evidence for cendakimab, benralizumab, lirentelimab, mepolizumab, reslizumab; **against** omalizumab	2 · Conditional
Small molecules	**Against** cromolyn and montelukast	2 · Conditional

3 Dilation, Maintenance & Monitoring

STATEMENT	GRADE
Endoscopic dilation as adjunct to medical therapy for esophageal strictures causing dysphagia	2 · Conditional
Continue effective dietary or pharmacologic therapy to prevent recurrence of symptoms, histologic inflammation, and endoscopic abnormalities	1 · Strong
Evaluate treatment response with **symptomatic, endoscopic, and histologic** assessment	1 · Strong

4 Pediatric-Specific Considerations

2 In children with EoE and **dysphagia**, suggest an **esophagram** to evaluate for fibrostenotic disease.

2 Suggest evaluation by a **feeding therapist and/or dietician** as an adjunctive intervention in children with EoE and **feeding dysfunction**.

Dellon ES, Muir AB, Katzka DA, et al. ACG Clinical Guideline: Diagnosis and Management of Eosinophilic Esophagitis. *Am J Gastroenterol.* 2025;120(1):31–59.