

Diagnosis and management of eosinophilic esophagitis in children: An update from the European Society for Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN)

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Standards and Guidelines

Oesophagus

Paediatrics

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The ESPGHAN Working Group on Eosinophilic Gastrointestinal Diseases has updated its 2014 guideline for pediatric eosinophilic esophagitis, providing 52 evidence-based statements and 44 consensus recommendations based on literature from 2014 to 2022.

KEY POINTS

- The updated guideline includes a revised diagnostic protocol, options for initial drug treatment, and the new concept of simplified empiric elimination diets for pediatric eosinophilic esophagitis
- Biologics are emerging as part of the potential treatment options for refractory eosinophilic esophagitis
- Systemic steroids may be considered as initial treatment for esophageal strictures before esophageal dilation
- The guideline newly addresses quality of life assessment and planned transition to adult medical care
- The update is intended as a practical guide for clinicians treating children diagnosed with eosinophilic esophagitis

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