

# HOW TO TALK TO YOUR DOCTOR ABOUT TROUBLE SWALLOWING

Here are some questions that you could ask your doctor about eosinophilic esophagitis (EoE):

- I have symptoms like difficulty swallowing food, chest pain, and choking sensations. Is it possible I have EoE? How can I find out for sure?
- Could my heartburn symptoms and difficulty swallowing be caused by EoE?
- I feel anxious around mealtime because incidents of food getting stuck and choking are happening more frequently. How can I find out what is happening in my esophagus?
- We've tried a number of things to treat my symptoms, but they don't seem to be working. Do you think I should get an endoscopy?



# TAKE THIS GUIDE ON YOUR NEXT DOCTOR VISIT TO HELP WITH THE CONVERSATION

Having difficulty swallowing food can be frustrating. It's also something you should talk to your doctor about.

Here are some questions that can help guide your conversation with your doctor:

- How often do you have difficulty swallowing food?  
Every day    Most days    Once a week    A few times per month    Never
- Are you changing the way you eat or avoiding certain foods because of difficulty swallowing? Many people with EoE drink a lot with meals, cut food into small pieces, chew excessively, or take longer to eat than others. Tell your doctor if you're doing any of these things and how often per week you do them. \_\_\_\_\_  
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- Food impactions are when food gets stuck in your esophagus. If they are severe, they can require medical attention. How many times in your life have you had an emergency room visit due to a food impaction? \_\_\_\_\_
- Which foods are most troublesome? Have these trigger foods changed over time?  
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## Getting answers about EoE may give you a sense of relief

Speak to your doctor about your symptoms and whether a diagnostic endoscopy is appropriate for you. When you know what you're dealing with, you can make plans to better cope with it. Seeing an allergist can also help determine if any food-related allergies are triggering your difficulty swallowing.

This information is not intended to make a diagnosis or to take the place of talking to a U.S. healthcare professional. Only a healthcare professional can diagnose EoE.

