

Food impaction

Emergency Action Plan

Talk to your care team about creating an emergency action plan. Once you have a plan, follow it. If you are not sure what to do or if symptoms are not improving, seek urgent medical care.

If food gets stuck...



Stop eating right away

If you can swallow comfortably, you may try one small sip of liquid. Do not keep eating or drinking large amounts in an attempt to push food down.



Call 911 or go to the emergency room if you:

- Are choking.
- Cannot swallow saliva.
- Have trouble breathing.
- Have severe pain.

Tell the emergency room team you have EoE and think you have a food impaction.



Follow up with your care team afterward

Let your care team know what happened and ask whether you need follow-up care, monitoring, or treatment changes.



A food impaction may be a sign that your EoE is not fully controlled, even if symptoms come and go.

My EoE details

Name _____

Emergency contact _____

GI specialist _____

Current EoE treatment _____

Other medicines I take _____

Blood thinner? ☐ Yes ☐ No

Drug allergies _____

Past food impaction? ☐ Yes ☐ No

Most recent episode _____

ER/hospital used before _____

What usually happens when food gets stuck _____

What has helped before _____

Follow-up office to call _____

Keeping this information in one place can make urgent care and follow-up conversations easier.

My EoE Life

aga American Gastroenterological Association

Food impaction

Emergency Action Plan

Talk to your care team about creating an emergency action plan. Once you have a plan, follow it. If you are not sure what to do or if symptoms are not improving, seek urgent medical care.

If food gets stuck...



Stop eating right away

If you can swallow comfortably, you may try one small sip of liquid. Do not keep eating or drinking large amounts in an attempt to push food down.



Call 911 or go to the emergency room if you:

- Are choking.
- Cannot swallow saliva.
- Have trouble breathing.
- Have severe pain.

Tell the emergency room team you have EoE and think you have a food impaction.



Follow up with your care team afterward

Let your care team know what happened and ask whether you need follow-up care, monitoring, or treatment changes.



A food impaction may be a sign that your EoE is not fully controlled, even if symptoms come and go.

My EoE details

Name _____

Emergency contact _____

GI specialist _____

Current EoE treatment _____

Other medicines I take _____

Blood thinner? ☐ Yes ☐ No

Drug allergies _____

Past food impaction? ☐ Yes ☐ No

Most recent episode _____

ER/hospital used before _____

What usually happens when food gets stuck _____

What has helped before _____

Follow-up office to call _____

Keeping this information in one place can make urgent care and follow-up conversations easier.

My EoE Life

aga American Gastroenterological Association