



Information Sheet:

**Eosinophilic esophagitis (EoE):
Treatment with oral viscous budesonide (“OVB”)**

Your doctor has recommended budesonide (Pulmicort) to treat your EoE. It is a liquid solution to be swallowed twice daily. It should be taken after breakfast and after dinner. Please follow these instructions for use:

- 1) Open the individual medication container (“respule”) by gently twisting off the top tab.
- 2) Pour the liquid medicine into a small cup (like a measuring cup or a medication cup).
- 3) Add five (5) packets of Splenda and mix until it has a syrup-like consistency. (It is possible to use other things to make the liquid medication into more of a syrup. These things include regular sugar, another sugar substitute like truvia, maple syrup, or honey. Before using these, discuss it with your doctor and make sure that you don’t have an allergy to what you’ll add to the liquid medicine.)
- 4) Swallow all of the medication.
- 5) Do not eat or drink anything for one (1) hour after taking the medication.

You will continue taking this medication for at least a total of eight (8) weeks. At that time, your doctor will typically schedule you to have a repeat upper endoscopy to take additional biopsy samples from the esophagus to check to see if the inflammation has improved with this medication.

In general, this medication is well tolerated. The main side effects can include a hoarse voice or sore throat. In some people, a yeast infection (“candida”) of the mouth (“thrush”) or esophagus can develop. If you notice white spots on your tongue or in your mouth, please notify your doctor immediately. This problem can be treated with a short course of antibiotics.