Eosinophilic Gastroenteritis (EGE) Quick Facts

Eosinophilic gastroenteritis is a rare disease in which a type of white blood cell, the eosinophil, causes injury and inflammation to the stomach and the small intestine. Eosinophilic gastroenteritis may affect both adults and children. The cause is unknown.

Symptoms:
- Vomiting, nausea
- Diarrhea (may be bloody)
- Difficulties feeding and/or poor weight gain
- Abdominal pain
- Poor growth and weight loss
- Malnutrition
- Fatigue
- Anemia (low blood counts), low iron, low protein, and/or elevated eosinophil counts in blood

Associated Diseases:
- Environmental and/or food allergies in some
- May occur in conjunction with other eosinophilic gastrointestinal disorders, such as eosinophilic esophagitis (EoE), eosinophilic gastritis (EG), and eosinophilic colitis (EC).

Causes:
- Unknown
- Food allergies may play a role in some patients

Diagnosis:
- Upper endoscopy (placement of a lighted tube into the mouth, esophagus and stomach)
- Biopsies of the large intestine are necessary to make the diagnosis. Eosinophils causing injury on biopsy, in the context of symptoms consistent with EGE.

Findings:
- Endoscopy may show erosions, ulcers or irritated areas of the large intestine
- Biopsy: Eosinophils invading the large intestine. Biopsy may show chronic inflammation. No consensus recommendations on definition or diagnosis.

Allergy Testing:
- Allergy testing may be helpful in some patients to identify and remove offending food allergens.

Management:
- Avoid known food allergens or triggers
- Systemic Steroids (prednisone)
- Elemental diet (avoid all food protein and obtain all nutrition from a special formula)
- Iron supplementation if iron deficient
- Nutritional support as needed
- Anti-inflammatory medications for the large intestine

Prognosis:
- Depends on response to treatment
- Recurrent episodes may occur

About APFED: The American Partnership for Eosinophilic Disorders (APFED) is a 501(c)3 non-profit organization for those living with eosinophilic disorders. APFED educates and raises awareness of these conditions, advocates for the unmet needs of patients, and supports research advances. APFED also hosts online community, community events, and an annual patient education conference. For more information, visit apfed.org.