

Appendix 1

Food bolus impaction order set patient instructions provided to patient at time of discharge:

Why you were hospitalized

You were seen in the emergency department for an esophageal (food tube) food impaction. Food impaction occurs when food (often meats, breads or vegetables) is stuck in your esophagus. Some patients will have symptoms improve with the use of medications or carbonated beverages. However, most patients require a procedure called endoscopy to retrieve or push the food into the stomach.

Reason for food impaction

Nearly all patients that experience a food impaction have an underlying disease of the esophagus that should be evaluated further. Most of these diseases lead to a narrowing of the esophagus that prevents food from passing easily into the stomach. Some of the most common conditions include:

- ❖ Gastroesophageal reflux disease (GERD): this is a result of stomach acid coming up into your esophagus. This damage over time can lead to scarring which then causes the food to become stuck.
- ❖ Eosinophilic esophagitis (EoE): this is a unique type of allergy condition in the esophagus. This has become the #1 cause of food impactions and is very common among young patients with other conditions like asthma, seasonal allergies, chronic sinus problems or food allergies.
- ❖ Esophageal dysmotility: spasms, weak contractions, or poor relaxation of the valve at the bottom of the esophagus (called achalasia) can result in food sticking in the esophagus.

What to do after treatment for food

If medications were prescribed, please take them as directed.

Use these careful eating/chewing behaviors: sit upright while eating; eat slowly, take small bites and chew your food thoroughly; avoid problematic foods such as breads and meats; follow a soft diet if not instructed to follow a more stringent diet (i.e., pureed or liquid diet). This is temporary until we can treat your esophagus. You can find more information on a soft diet from UWHealth.org at <https://patient.uwhealth.org/healthfacts/363>.

Follow-up after recent event

Because most patients that experience food impaction have underlying esophageal disease, we recommend that all patients follow-up afterwards. This is to discuss if treatment or other testing is recommended for your suspected esophageal disease. Treatment can improve symptoms of food sticking and prevent future food impactions. What you can expect:

- ❖ If you were able to get the food to pass without a procedure, the first step in your care will be an upper endoscopy, a procedure that allows us to look directly at the esophagus.
- ❖ If you had an upper endoscopy, another endoscopy may be helpful to dilate or stretch your esophagus. This opens up the esophagus and is often the best way to improve symptoms of food sticking and prevent future food impactions. Biopsies of your esophagus can also be taken at that time.
- ❖ Medications including acid blocking medications or steroids can be helpful to treat GERD or EoE and reduce your symptoms.
- ❖ Esophageal manometry can be used to measure the motility and function of your esophagus.

When to call your doctor

Follow-up with your primary care provider and a gastroenterology specialist. Upon discharge, a referral will be placed on your behalf to be seen in our gastroenterology clinic. If you have not heard from our gastroenterology clinic in 7 business days please call (clinic phone number) and ask for the Swallow Clinic to schedule an appointment.