

# Budesonide or Pulmicort

Budesonide is a steroid medication that is most often used for patients with asthma but is also a common treatment for people with Eosinophilic Esophagitis (EoE). Budesonide comes in a liquid respule and is mixed with either Neocate Nutra, honey, applesauce or Splenda to make a thickened slurry. A slurry is a semiliquid mixture. The budesonide mixture works by coating the esophagus during the swallowing process which helps prevent and reduce inflammation caused by EoE.

Follow the steps below to make the Budesonide slurry:

1. Open the Budesonide respule by twisting off the top and pour the medicine into a small medicine cup. Your Doctor will let you know how many respules/milligrams you will need to take and how many times per day based on your age and weight.
2. Then add either 1 teaspoon of Neocate Nutra, honey or applesauce. You can also use 5 packets of Splenda.
3. Mix until a slurry is formed. You want the mixture to be thick enough to coat the esophagus on the way down.
4. Swallow the medicine mixture.
5. Do not eat or have anything to drink for 1 hour after taking the slurry. It is important however to rinse your mouth out with water and spit. Do not swallow the water. You may also brush your teeth if you would like.
6. Your Doctor will let you know if you will be taking Budesonide once a day as an evening dose or twice daily as a morning and evening dose.



**A possible side effect of this medication is a yeast infection in your mouth (thrush). Rinsing your mouth with water and spitting or brushing your teeth after taking the medication can help reduce this risk. Please let your Doctor know if you develop any white spots in your mouth or on your tongue.**