

Dallas Eosinophilic GI Diseases and Esophagitis Program (DEEP)

Please note that insurance approval of some medications and formulas can take as long as 2-4 weeks or longer.

Please make sure you communicate in advance if assistance or samples are needed so that we can assist you in a timely and efficient manner. We appreciate your patience.

For questions regarding medications or formulas, please call the clinic that prescribed the medication or formula.

Swallowed Viscous Budesonide

Please select the appropriate recipe for your patient:

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| <p><input type="checkbox"/> 1 mg for patients < 10 years old</p> <p>Use budesonide 0.5 mg/2 mL respules. (Do not use the 1 mg/2 mL respules as there is not enough liquid to coat the esophagus.)</p> <p>Fill a medicine cup to the ~2.5 cc (2.5 mL) line with Neocate® Nutra powder.</p> <p>Add in 2 respules (1 mg total) of budesonide and mix it into a slurry.</p> | <p><input type="checkbox"/> 2 mg for patients > 10 years old</p> <p>Use budesonide 0.5 mg/2 mL respules. (Do not use the 1 mg/2 mL respules as there is not enough liquid to coat the esophagus.)</p> <p>Fill a medicine cup to the 5 cc (5 mL) line with Neocate® Nutra powder.</p> <p>Add in 4 respules (2 mg total) of budesonide and mix it into a slurry.</p> |
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- Take by mouth once or twice daily as directed by your physician.
- Do not eat or drink for 30 minutes after taking the medicine.
- Rinse and spit or brush your teeth after taking the medicine. Make sure not to swallow any water as this can rinse off the medication from the esophagus.
- Contact your doctor immediately if you develop a severe sore throat as this may be a sign of a yeast infection.

Reference: Hait EJ, Lee J, Fried A, Ngo P, McDonald D, Rubinstein E. Neocate® Nutra is as effective as sucralose as a delivery vehicle for oral viscous budesonide to treat eosinophilic esophagitis in children. *North American Society for Pediatric Gastroenterology Hepatology and Nutrition Annual meeting*, Chicago, IL, October 2013.

These recipes were developed at Boston Children's Hospital.

Budesonide or Pulmicort

- A Budesonide prescription will be sent to your pharmacy on file. Insurance approval of Budesonide is handled by the nurse for either Food Allergy or GI (dependent on whichever physician prescribed the medication) Prior authorization will be started once the pharmacy notifies the clinic of the need for prior authorization. Insurance approval typically takes up to 2-4 weeks or longer. If the medication is denied and requires an appeal, it may take as long as 90 days. Samples for this medication are not available.

Neocate Nutra

- Insurance approval of Neocate Nutra is submitted to a DME (Durable Medical Equipment) provider by the Food Allergy Registered Dietitian (RD). Once paperwork is completed and submitted to the DME, they will submit to your insurance for approval. The DME will usually call you to verify your information and discuss your insurance coverage for Nutra. Insurance approval typically takes up to 2-4 weeks or longer.
 - Samples are provided either at your clinic visit (when available) or via mail directly from the supplier. Please call the Food Allergy RD if you get low on samples and have not received notice from the DME regarding insurance approval. We need 1 week or longer to get samples to you once requested.
 - Nutra samples come in packets, however, once approved through insurance, the Nutra will come in a 400 gm can. You will use 1 can per month and should dispose of the can once it has been opened for 30 days.