

# Esophagogastroduodenoscopy (EGD) v. Trans Nasal Endoscopy (TNE) in the Diagnosis and Management of Eosinophilic Esophagitis (EoE)

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**Introduction.** Patients diagnosed with eosinophilic esophagitis (EoE) undergo frequent endoscopies for diagnosis, monitoring, and possible therapeutic dilation. Esophagogastroduodenoscopy (EGD) allows for visualization, dilation, and obtaining biopsies. Although it does not allow for dilation, transnasal endoscopy (TNE) is an alternative for diagnosis and surveillance, potentially offering reduction of risks with sedation required for EGD at a lower cost and may improve quality of life in those diagnosed with EoE.

**Methods.** Individuals with EoE who had experienced EGD and TNE were eligible. Patients were selected by the authors through chart review and invited to participate in the study. Data was collected through an online self-reported REDCap survey using Likert scale-type questions. The main outcomes measured were patient perception of the two procedures regarding tolerability, preference, and well-being.

**Results.** Of the authors' small number of patients sampled, half elect for TNE for future management of EoE due to factors including satisfaction of procedure location, less post-procedural adverse events, and overall satisfaction. Most patients described less income lost due to time away with TNE. Therefore, overall satisfaction results were inconclusive favoring EGD or TNE.

**Conclusions.** This study aids in increasing the understanding of the utility of TNE for the diagnosis and management of EoE alternatively to EGD. TNE provides an adequate biopsy sample in less time, without sedation, and at decreased cost and time away from work/school. TNE is a safe and effective procedure for those with EoE and may be preferred by some patients.