Budesonide is an important medicine that can help treat the inflammation caused by eosinophilic esophagitis. To get maximum benefit, it is important to use the medicine properly. Here are the steps to using this medicine. Note that these may differ from instructions given to you at the pharmacy.

The medicine is to be mixed into a paste or slurry and SWALLOWED down your esophagus. You will need to purchase Splenda or generic sucralose packets separately.

1. Open the budesonide respule and transfer the liquid to a small bowl or cup.
2. Add 5 packets of Splenda or generic sucralose to the liquid.
3. Mix with a spoon until a paste or slurry is formed.
4. Swallow the medicine down.
5. Do not eat or drink anything for 30 minutes after taking your medicine.
6. Rinse your mouth and spit out the water or brush your teeth after taking your medicine. This can help prevent side effects.

Continue taking this medicine until your doctor tells you it is no longer necessary. Ask your health care provider if you have any questions.

In general, this medicine is well tolerated. The main side effects can include a hoarse voice or sore throat. Some people develop a yeast infection of the mouth (thrush) or esophagus. If you notice white spots on your tongue or in your mouth, call your doctor. This can be treated with a short course of antibiotics. Rinsing your mouth and spitting out the water will also help prevent thrush.