



FOOD BOLUS

A.K.A. OESOPHAGEAL FOOD IMPACTION

AETIOLOGY

Oesophageal obstruction caused by a food bolus usually as a result of oesophageal narrowing.

The most common causes are:

- Eosinophilic oesophagitis
- Schatzki Ring
- Peptic strictures or webs
- Malignancy



HISTORY

Most often caused by meat leading to the phenomenon of '**steakhouse syndrome**'. It can also be caused by animal and fish bones.

Signs & Symptoms:

- Odynophagia
- Retching
- Drooling (unable to swallow saliva)
- Chest (retrosternal) pain +/- neck pain
- Perforation:



MANAGEMENT

Conservative

- Initial observation - spontaneous passing
- Carbonated drinks - e.g. Coca-Cola
- Other Techniques:
 - Glucagon
 - Proteolytic enzymes



MANAGEMENT CONT...

Endoscopic/fibre optic camera

- **Pull technique** - traditional
- **Push technique** - most common. Uses air insufflation

Perforation

- Make NBM
- PPI + broad-spectrum antibiotics

