

## Esophageal Foreign Body

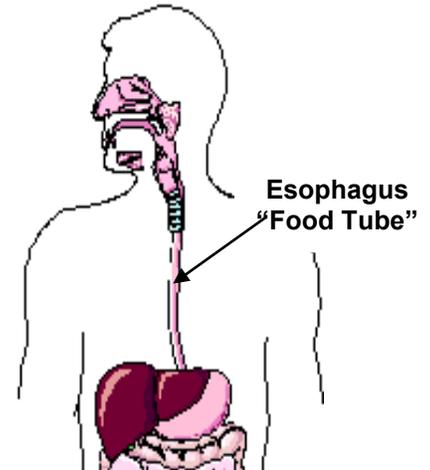
### What is an esophageal foreign body?

An esophageal foreign body is an object that gets stuck in the food tube. This tube is called the esophagus.

### How do I know if my child has something stuck?

A child with an object stuck in their food tube may:

- Throw up (vomit).
- Have upper chest or throat pain.
- Not want to eat.
- Drool.
- Cough.



### What should I do if I think my child has an object stuck in the food tube?

- If you think your child has swallowed something and is having a hard time:
  - Breathing - **call 911**. The object may be stuck in your child's airway. If you have taken CPR, perform the skills you learned to stop the choking.
  - Swallowing - call your child's doctor or go to the Emergency Room.
- If you did **not** see your child swallow something and your child is having a hard time swallowing, call your child's doctor or go to the Emergency Room.
- If you saw your child swallow something and your child is **not** having a hard time breathing or swallowing, watch your child and get help if needed.

### What will happen in the Emergency Room?

- Tell the doctor that your child may have swallowed something and is having a hard time swallowing.
- The doctor will check your child. A chest x-ray may be done. Sometimes objects can be seen on the x-ray. If the object can be seen, the doctors will be able to tell if it is stuck in the food tube.

## How will the object be removed?

One of these procedures may be used:

- **Esophageal bougienage.** The doctor may be able to move the object into the stomach using special tubes called dilators. This is done if the object:
  - is small and smooth, such as a coin.
  - has been stuck less than 24 hours.
- **Esophagoscopy.** This procedure is done in the operating room. It is done if the object:
  - has pointed edges like pins or jewelry.
  - is very big.
  - has been stuck for more than 24 hours.
  - is not able to be removed with an esophageal bougienage.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child:

- Might have swallowed something, even if you did not see it happen.
- Has special health care needs that were not covered by this information.

**If your child is having a hard time breathing, call 9-1-1 right away.** Use skills learned in CPR to relieve choking if needed.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**