IBD Treatment and COVID-19

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COVID-19 Guidance and Advice
IBD Risk Grid

<table>
<thead>
<tr>
<th>Highest Risk</th>
<th>Moderate risk</th>
<th>Lowest risk</th>
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</thead>
<tbody>
<tr>
<td>‘Shielding’</td>
<td>‘Stringent social distancing’</td>
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</table>

1. IBD patients who either have a comorbidity (respiratory, cardiac, hypertension or diabetes mellitus) and/or are ≥70 years old

2. IBD patients of any age regardless of comorbidity and who meet one or more of the following criteria:
   - Intravenous or oral steroids ≥20 mg prednisolone or equivalent per day (only while on this dose)
   - Commencement of biologic plus either immunomodulator or systemic steroids within previous 6 weeks**
   - Moderate-to-severely active disease*** not controlled by ‘moderate risk’ treatments
   - Short gut syndrome requiring nutritional support
   - Requirement for parenteral nutrition

Patients on the following medications:
- Anti-TNF (infliximab, adalimumab, golimumab) monotherapy
- Biologic plus immunomodulator** in stable patients
- Ustekinumab
- Vedolizumab
- Thiopurines (azathioprine, mercaptopurine, thioguanine)
- Methotrexate
- Calcineurin inhibitors (tacrolimus or ciclosporin)
- Janus kinase (JAK) inhibitors (tofacitinib)
- Immunosuppressive trial medication
- Mycophenolate mofetil
- Thalidomide
- Prednisolone <20 mg or equivalent per day

Patients on the following medications:
- SASA
- Rectal therapies
- Orally administered topically acting steroids (budesonide or beclometasone)
- Therapies for bile acid diarrhoea (colestyramine, colestevanlam, colestipol)
- Anti-diarrhoeals (e.g. loperamide)
- Antibiotics for bacterial overgrowth or perianal disease

## What About IBD Therapy?

<table>
<thead>
<tr>
<th>Statement</th>
<th>5-ASA</th>
<th>BUD</th>
<th>PRED ≥20mg/d</th>
<th>AZA/6MP</th>
<th>MTX</th>
<th>Anti-TNF</th>
<th>VEDO</th>
<th>UST</th>
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<tr>
<td>This therapy increases the risk of infection with SARS-CoV-2.</td>
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<td>Patients taking this therapy should <strong>reduce</strong> the dose of therapy to prevent SARS-CoV-2 infection.</td>
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<td>Patients taking this therapy should <strong>discontinue</strong> therapy to prevent SARS-CoV-2 infection.</td>
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<td>Patients taking this therapy should <strong>stop</strong> therapy if they test positive for SARS-CoV-2 but don’t have the COVID-19.</td>
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- **Green**: Appropriate
- **Yellow**: Uncertain
- **Red**: Inappropriate
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<td><strong>Confirmed COVID-19.</strong></td>
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- **Continue Therapy**
- **Unsure**
- **Hold/Delay/Stop Therapy**

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[IOIBD logo]
Reliable References to Stay Updated

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