



# British Society of Gastroenterology

## COVID-19 Guidance and Advice

### IBD Risk Grid

Highest Risk 'Shielding'	Moderate risk 'Stringent social distancing'	Lowest risk 'Social distancing'
<p>1. IBD patients who <b>either</b> have a comorbidity (respiratory, cardiac, hypertension or diabetes mellitus) <b>and/or</b> are <math>\geq 70</math> years old <b>and*</b> are on any 'moderate risk' therapy for IBD (per middle column)</p> <p>2. IBD patients of any age <b>regardless of comorbidity</b> and who meet one or more of the following criteria:</p> <ul style="list-style-type: none"> <li>o Intravenous or oral steroids <math>\geq 20</math> mg prednisolone or equivalent per day (only while on this dose)</li> <li>o Commencement of biologic plus either immunomodulator or systemic steroids within previous 6 weeks**</li> <li>o Moderate-to-severely active disease*** not controlled by 'moderate risk' treatments</li> <li>o Short gut syndrome requiring nutritional support</li> <li>o Requirement for parenteral nutrition</li> </ul>	<p>Patients on the following medications:</p> <ul style="list-style-type: none"> <li>• Anti-TNF (infliximab, adalimumab, golimumab) monotherapy</li> <li>• Biologic plus immunomodulator** in <b>stable patients</b></li> <li>• Ustekinumab</li> <li>• Vedolizumab</li> <li>• Thiopurines (azathioprine, mercaptopurine, tioguanine)</li> <li>• Methotrexate</li> <li>• Calcineurin inhibitors (tacrolimus or ciclosporin)</li> <li>• Janus kinase (JAK) inhibitors (tofacitinib)</li> <li>• Immunosuppressive trial medication</li> <li>• Mycophenolate mofetil</li> <li>• Thalidomide</li> <li>• Prednisolone <math>&lt; 20</math> mg or equivalent per day</li> </ul>	<p>Patients on the following medications:</p> <ul style="list-style-type: none"> <li>• 5ASA</li> <li>• Rectal therapies</li> <li>• Orally administered topically acting steroids (budesonide or beclometasone)</li> <li>• Therapies for bile acid diarrhoea (colestyramine, colesevelam, colestipol)</li> <li>• Anti-diarrhoeals (e.g. loperamide)</li> <li>• Antibiotics for bacterial overgrowth or perianal disease</li> </ul>

# What About IBD Therapy?



Statement	5-ASA	BUD	PRED ≥20mg/d	AZA/ 6MP	MTX	Anti- TNF	VEDO	UST	TOFA
This therapy increases the risk of infection with SARS-CoV-2.	Inappropriate	Inappropriate	Appropriate	Uncertain	Uncertain	Uncertain	Inappropriate	Inappropriate	Uncertain
This therapy increases the risk of COVID-19.	Inappropriate	Inappropriate	Appropriate	Uncertain	Uncertain	Uncertain	Inappropriate	Inappropriate	Uncertain
Patients taking this therapy should <b>reduce</b> the dose of therapy to prevent SARS-CoV-2 infection.	Inappropriate	Inappropriate	Appropriate	Inappropriate	Inappropriate	Inappropriate	Inappropriate	Inappropriate	Inappropriate
Patients taking this therapy should <b>discontinue</b> therapy to prevent SARS-CoV-2 infection.	Inappropriate	Inappropriate	Appropriate	Inappropriate	Inappropriate	Inappropriate	Inappropriate	Inappropriate	Inappropriate
Patients taking this therapy should <b>stop</b> therapy if they test positive for SARS-CoV-2 but don't have the COVID-19.	Inappropriate	Uncertain	Appropriate	Appropriate	Appropriate	Uncertain	Uncertain	Uncertain	Appropriate
Patients taking this therapy should <b>stop</b> therapy if they develop COVID-19.	Inappropriate	Uncertain	Appropriate	Appropriate	Appropriate	Appropriate	Uncertain	Appropriate	Appropriate

○ Appropriate

○ Uncertain

○ Inappropriate

# What About IBD Therapy?



	5-ASA	BUD	PRED (≥20mg /d)	AZA/ 6MP	MTX	Anti- TNF	VEDO	UST	TOFA
To <b>prevent</b> SARS-CoV-2 infection.	Continue Therapy	Continue Therapy	Hold/Delay/Stop Therapy	Continue Therapy	Continue Therapy	Continue Therapy	Continue Therapy	Continue Therapy	Continue Therapy
If <b>infected</b> with SARS-CoV-2 but <b>don't have COVID-19</b> .	Continue Therapy	Unsure	Hold/Delay/Stop Therapy	Hold/Delay/Stop Therapy	Hold/Delay/Stop Therapy	Unsure	Unsure	Unsure	Hold/Delay/Stop Therapy
<b>Confirmed COVID-19</b> .	Continue Therapy	Unsure	Hold/Delay/Stop Therapy	Hold/Delay/Stop Therapy	Hold/Delay/Stop Therapy	Hold/Delay/Stop Therapy	Unsure	Hold/Delay/Stop Therapy	Hold/Delay/Stop Therapy

Continue Therapy

Unsure

Hold/Delay/Stop Therapy

# Reliable References to Stay Updated

- [who.int/health-topics/coronavirus](http://who.int/health-topics/coronavirus)
- [cdc.gov/coronavirus/2019-ncov](http://cdc.gov/coronavirus/2019-ncov)
- [coronavirusupdates.uchicago.edu](http://coronavirusupdates.uchicago.edu)
- [crohnscolitisfoundation.org/coronavirus](http://crohnscolitisfoundation.org/coronavirus)
- [rubinlab.uchicago.edu/blog](http://rubinlab.uchicago.edu/blog)
- [twitter.com/IBDMD](https://twitter.com/IBDMD)
- [covidibd.org](http://covidibd.org)
- [clinicaltrials.gov](http://clinicaltrials.gov)
- [gastro.org/covid](http://gastro.org/covid)



## RUBIN'S REFLECTIONS

