

Recommendations for Metabolic and Bariatric Surgery during the COVID-19 Pandemic from IFSO

Summary

- Obese patients with comorbidities are at increased risk of COVID 19 infection
- Elective metabolic and bariatric surgery should be postponed during the pandemic
- Body temperature should be checked for all patient and documented
- All admitted patients should be screened for COVID-19 by CT chest and confirmed by RT-PCR for nasal and pharyngeal swab
- History of recent fever or respiratory symptoms or close contacts with a confirmed case of COVID-19 and recent travel to high-risk areas should be asked in every patient
- Only emergency surgeries are recommended for complications like leak, infection etc
- Surgery should be performed in negative pressure rooms with full precautions using PPE
- Follow up should be done online or using tele-consultation
- All academic activities and conferences should be cancelled or postponed or can be done online and virtual conference
- Healthy diet and good physical activities should be encouraged to improve self-immunity
- Everyone should practise good hygiene to protect against infection and prevent the virus spread
- All routine surgeries should be rescheduled until the pandemic is over