

Preoperative Endoscopy in Bariatric Surgery Candidates: Prevalence of Upper Gastrointestinal Pathology and Risk Factors for Reflux Esophagitis

Peirong Tian, Mengyi Li, Zhongtao Zhang and Peng Zhang

Division of Metabolic and Bariatric Surgery, Department of General
Surgery, Beijing Friendship Hospital, National Clinical Research Center
for Digestive Diseases, Capital Medical University

Background & Aim

- Background:
 - Obesity is closely linked with upper gastrointestinal disorders.
 - Debate exists on routine preoperative endoscopy before bariatric surgery.
- Aim:
 - To describe pathological findings in candidates for bariatric surgery and explore risk factors for reflux esophagitis.

Methods

- Retrospective analysis of preoperative gastroscopy reports.
- Period: Oct 2022 - Oct 2023.
- Total of 405 patients were included.

Results

- Key Endoscopic Findings:
 - Chronic Superficial Gastritis: 80.5% (326/405)
 - Reflux Esophagitis: 20.2% (82/405)
- Risk Factors:
 - Higher risk in males, older age, higher BMI, smoking, drinking.
 - In males: Obesity, smoking, H. pylori infection.
 - In females: Age was the sole significant risk factor.

Conclusions

- Preoperative EGD reveals a wide spectrum of pathologies.
- Routine EGD is recommended before bariatric surgery.
- Findings guide tailored treatments and improve prognosis.
- Routine gastroscopy is advised for Chinese patients planning bariatric surgery.