

VACCINE RECOMMENDATIONS FOR PATIENTS WITH INFLAMMATORY BOWEL DISEASE

INACTIVATED VACCINES

1. YEARLY INFLUENZA
2. PNEUMOCOCCAL VACCINE
3. HEPATITIS A AND B VACCINES
4. HUMAN PAPILOMA VIRUS CERVICAL CANCER VACCINE (Female and males 9-26 years old)
5. tdap (Tetanus, diphtheria, pertussis)
6. MENINGOCOCCAL VACCINE (11-12 year olds should be vaccinated routinely w/ booster at 16 yo. 13-18 year olds should be vaccinated if not previously vaccinated.)
7. H1N1 INFLUENZA VACCINE

LIVE, ATTENUATED VACCINES

SHOULD BE GIVEN BEFORE INITIATION OF IMMUNOSUPPRESSIVE THERAPY

Check with your family doctor if you have any questions on your past vaccinations and need for future vaccinations.

1. MMR (Measles-mumps-rubella)
2. Varicella
3. Herpes Zoster Vaccine (age>60)

LIVE VIRUS VACCINES ARE CONTRAINDICATED IN PATIENTS ON ANTI-TNF THERAPY AND IMMUNOSUPPRESSIVES (i.e. Azathioprine (Imuran), Steroids, and Purinethol (6-MP)). IT'S OK TO GET INTRAMUSCULAR VACCINE SINCE THE VIRUS IS KILLED OR INACTIVATED.

INFANTS BORN TO MOTHERS ON ANTI-INF THERAPY SHOULD NOT BE GIVEN THEIR MMR VACCINE UNTIL THEY ARE 6 MONTHS OLD.

INFANTS BORN TO MOTHERS ON ANTI-TNF THERAPY SHOULD NOT BE GIVEN ROTAVIRUS VACCINE UNTIL THEY ARE 6 MONTHS OLD.

ANTI TNF (TUMOR NECROSIS FACTOR) THERAPY INCLUDES REMICADE, HUMIRA OR CIMZIA. THESE DRUGS CAN ALSO BE CALLED BIOLOGICS.

PREVENTION OF OSTEOPOROSIS IS RECOMMENDED FOR ALL PATIENTS WITH INFLAMMATORY BOWEL DISEASE

1. CONSUME CALCIUM 1200 MG-1500 MG A DAY PLUS VITAMIN D 400-800 IU A DAY.
2. BONE DENSITY TESTING EVERY 1-2 YEARS.
3. STOP SMOKING
4. REDUCE ALCOHOL CONSUMPTION
5. REGULAR WEIGHT-BEARING EXERCISES

This is just initial education. We strongly recommend you follow-up with your primary care physician for further education, testing, treatment and management.