

# Fact Sheet

## News from the IBD Help Center

### IBD AND KEEPING UP WITH IMMUNIZATION

Immunization is an important tool for prevention of disease in healthy people. It is even more important for those taking immunosuppressants for their inflammatory bowel diseases (IBD). For IBD patients, there are some important things to consider before getting vaccinated.

IBD patients should, in most cases, follow the recommended immunization schedule for children and adults. For example, a yearly influenza vaccine is strongly recommended. Additionally, those taking immunosuppressants or those that may need immunosuppressants in the future may require additional vaccines.

It is important to know that some vaccines are live vaccines (which contain weakened form of virus or bacteria) active virus vaccines). Live vaccines may not be safe when taking immunosuppressant medications such as steroids, tofacitinib, immunomodulators (like azathioprine, 6MP or methotrexate), or biologic therapies (such as adalimumab, certolizumab pegol, infliximab, ustekinumab or vedolizumab).<sup>1</sup> Your doctor may recommend inactivated forms of these vaccines, if available. Before taking any vaccine, you should discuss the risks, benefits, and safety of the vaccine with your gastroenterologist.

Some common live vaccines include:

- Intranasal influenza vaccine)\*
- MMR (measles, mumps and rubella)
- Varicella (chickenpox)
- Zostavax (live shingles vaccine)\*
- Oral typhoid\*
- Yellow fever

Visit the Centers for Disease and Control and Prevention's (CDC) [US Vaccine Table](#) for a complete list of vaccines, as well as general [immunization schedules](#) for children and adults.

\*Inactivated (non-live) versions of these vaccinations are available.

#### References:

1. Farraye, F; Melmed G; Lichtenstein, G; Kane S. ACG Clinical Guideline: Preventive Care in Inflammatory Bowel Disease. American Journal of Gastroenterology. Volume 112(2), February 2017, p 241-258

**Disclaimer:** The Crohn's & Colitis Foundation provides information for educational purposes only. We encourage you to review this educational material with your health care professional. The Foundation does not provide medical or other health care opinions or services. The inclusion of another organization's resources or referral to another organization does not represent an endorsement of a particular individual, group, company or product.

August 2020