

## Why get Vaccinated?

Vaccines save lives and protect against dangerous and deadly infections. Organ transplant recipients, like yourself, are at an increased risk of infections because of the anti-rejection medications you are taking. These can weaken your immune system.

Ideally, you should receive all necessary vaccines **before** your transplant. However, if you did not have time to receive all the recommended vaccines before your transplant, vaccines can be given 3 to 6 months after transplantation.

Inactivated vaccines are safe but **live vaccines are not safe after your transplant. Please check with your transplant team.**

**Your transplant team recommends the following:**

- Hemophilus Influenza Vaccine (Hib)
- Hepatitis B Vaccine
- Human Papillomavirus Vaccine (Gardasil®)
- Inactivated Polio Vaccine (IPV)
- Influenza (Flu) Vaccine
- Meningococcal Vaccine (Quadrivalent)
- Pneumococcal Vaccine (Prevnar 13®)
- Pneumococcal Vaccine (Pneumovax-23®)
- Shingles Vaccine (Shingrix®)
- Tetanus, Diphtheria (Td) or Tetanus, Diphtheria, Pertussis (Tdap) Vaccine

## Shingles Vaccine (Shingrix®)

This vaccine protects you against shingles (herpes zoster), which is caused by a virus called varicella-zoster. Shingles cause a painful skin rash with blisters that may last for 2 to 4 weeks.

About 1 in 3 individuals will get shingles in their lifetime. It is more common in people over 50-years-old or those with a weakened immune system. The Shingrix® vaccine is strongly recommended for transplant recipients who are 50 years of age or older.

**You will need TWO doses, 2 to 6 months apart.**

**Cost:** There is a cost for this vaccine.

## Hepatitis B Vaccine

This vaccine protects you against hepatitis B and its complications, such as permanent liver damage. Hepatitis B is spread through blood or body fluids.

**Given as 3 doses over 3 months.** A blood test is done between 1 to 2 months after you receive the last dose to check if you responded to the vaccines.

**Cost:** The vaccine is **free of charge.**

## Human Papillomavirus (HPV9) Vaccine (Gardasil®)

This vaccine protects you against cervical cancer, anal cancer, and genital warts which are caused by HPV, the most common sexually transmitted infection.

**Given as 3 doses over 3 months.** This vaccine is recommended for individuals at risk. Discuss with your team if this is recommended for you.

**Cost:** There is a cost for this vaccine.

## Flu Vaccine

The flu (influenza infection) can cause serious life-threatening disease and increase your risk of other infections. This is especially true in the elderly and those with weakened immune systems.

It is spread from person to person through coughing, sneezing, or face-to-face contact. You should receive the influenza vaccine **every year** to protect against the seasonal flu.

**Cost:** The inactivated influenza vaccine is **free of charge.**

## Pneumococcal Vaccine (Pneumovax-23® and Prenvar 13®)

This vaccine protects you against the many types of pneumococcal bacteria that can cause serious and life-threatening disease, such as:

- **Meningitis:** infection of the lining that covers the brain
- **Pneumonia:** infection of the lungs
- **Septicemia:** infection of the blood

Pneumococcal infection is spread through coughing, sneezing, close face-to-face contact, or saliva/spit.

Your transplant team suggests that you consider getting both the Pneumovax-23® vaccine and the Prenvar 13® vaccine.

**Cost:** The Pneumovax-23® vaccine is **free of charge**, but there is a cost for the Prenvar 13® vaccine.

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## Where to Get Your Vaccines?

- Public Health
- Family Doctor's Office
- Local Pharmacies

## Meningococcal Vaccine (Quadrivalent)

This vaccine protects you against the 4 most common types of meningococcal bacteria - A, C, Y, and W.

Meningococcal infection is spread from person to person through coughing, sneezing, or face-to-face contact. It can also be spread through saliva.

Although rare, it can cause serious and life-threatening infections, including infection of the blood and the brain. Complications of infection can be serious and may include permanent brain damage, deafness, and loss of limbs.

**Cost:** The vaccine is **free of charge**. A **booster dose is given every 5 years**.

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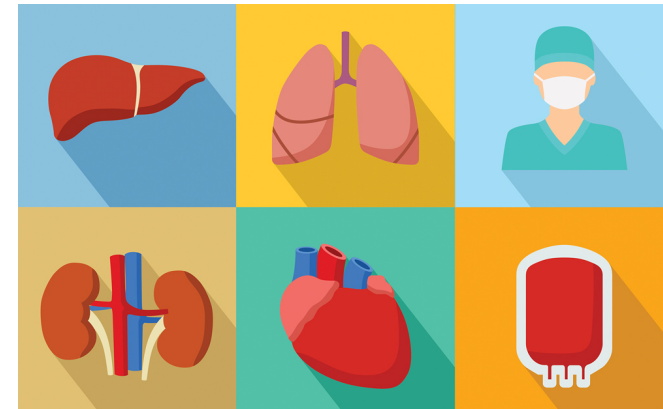
## Avoid Live Vaccines

*Discuss with your transplant team if household members receive a live vaccine*

- Tuberculosis BCG Vaccine (Oncotice®)
- Intranasal Influenza Vaccine (FluMist®)
- Measles, Mumps, Rubella (MMR, Priorix®)
- Oral Typhoid Vaccine (Vivotif®)
- Chickenpox Varicella-Zoster Vaccine (Varivax®, Zostavax®)
- Yellow Fever Vaccine (YF-VAX®)

## Vaccinations for Solid Organ Transplant Recipients

Are your vaccines up-to-date?



Vancouver  
Coastal Health



northern health  
the northern way of caring



Interior Health

