

Precautions To Note:

Inform your IBD doctor/nurse immediately, or call 995 to go to the nearest hospital if you experience any of the following:

- Swollen face/ eyes/ lips/ tongue/ throat
- Prolonged dizziness
- Difficulty in breathing
- Hives, itchy skin, rashes over your whole body

What Are the Charges For Vaccination?

All eligible Singaporean adults can use Medisave to co-pay and enjoy subsidies for vaccinations under the National Adult Immunisation Schedule (NAIS).

You may enquire on your subsidy eligibility and pricing before your vaccinations in the clinic.



Clinic 4B

TTSH Medical Centre, Level 4

Contact:

6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHHealth-Library>

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Department of GASTROENTEROLOGY & HEPATOLOGY

Influenza & Pneumococcal Vaccinations for Patients with Inflammatory Bowel Disease (IBD)



What is Influenza & Pneumococcal Disease?

- Influenza, commonly known as the flu, is a common infection that is spread mainly by coughing, sneezing and close contact. In high-risk persons (e.g. elderly, weakened immune system), influenza can cause more severe complications, resulting in hospital admissions and even death.
- Pneumococcal disease is caused by a bacteria called *Streptococcus Pneumoniae*, which may cause infections in various parts of your body including your lungs, blood, brain, spinal cord and ear.

Why Should I be Vaccinated Against Influenza & Pneumococcal Disease?



Germs are everywhere and your body is in a constant battle fighting against them.



Vaccinations trigger immune responses and help you build immunity against these diseases.



Vaccines strengthen your immunity to fight infectious disease(s), if and when you are exposed to the real germs.



If you have IBD, you are at higher risk of infections. This risk is greater if you are on immunosuppressive therapies such as Steroids, Azathioprine, Methotrexate, Biologics etc.

Is Natural Immunity Better Than Getting Vaccinated?

Our immune system builds immunity after receiving the vaccination, similar to how your body reacts after a 'natural' infection. Any flu infection can carry risks of serious complications. Therefore getting vaccinated is a safer choice than risking illness to obtain immune protection.

When Should I Receive My Influenza & Pneumococcal Vaccination?

You should take your influenza vaccination **every year** as flu viruses are seasonal and constantly changing. Your body's immunity to previous influenza viruses may also decrease over time.

For Pneumococcal vaccine, you will be recommended the suitable vaccine(s) after consultation with our IBD doctor/nurse.

If you have never received any Pneumococcal vaccine before, PPSV23 and/or PCV13 may be recommended to you based on your age and medical condition.

Where Can I Get My Vaccine?

- Traveller's Health & Vaccination Clinic (THVC), TTSB Clinic 4B
- CHAS GP clinics
- Polyclinics



What Are the Risks & Complications of the Vaccine?

Mild side effects include:

- Redness, pain and swelling at the site of injection
- Mild fever (temperature below 38.0°C)
- Feeling tired, body aches or headache
- People taking blood thinners (e.g. warfarin) or with bleeding problems may develop a haematoma (small lump with blood) where the injection was given. However, this is uncommon.
- Dizziness after receiving the vaccination. Sit and rest for around 15 minutes to avoid fainting.

If you experience any discomfort after vaccination, take 1 to 2 Paracetamol tablets every 6 hours as needed. Do not exceed 8 tablets (500mg per tablet) within a day. Ensure that you are not allergic to Paracetamol.

Serious reactions to vaccination are possible, but extremely rare:

- Anaphylaxis – a severe allergic reaction but rarely occurs (1 in a million doses). It can happen within minutes to a few hours after vaccination.
- Guillain-Barre Syndrome – a rare nerve condition, that is estimated to affect 1 to 2 cases per million vaccinations