People with Crohn’s or Ulcerative colitis often require treatment with drugs to suppress the immune system to control and prevent relapses. Treatment with these drugs causes an increased risk of certain infections and the infections may be more severe. Please be reassured that the majority of people on these drugs remain extremely well but please read the following information so that we can minimize your risk and arrange any necessary vaccines now in case you require any of these drugs in the future.

**Chicken pox**
A history of chicken pox may be unreliable and therefore even if you think you have had chicken pox in the past you may require a blood test to check whether you are immune. If not vaccination is recommended.

**Flu**
Annual vaccination (seasonal flu jab) is recommended.

**Pneumococcal infection**
All patients are advised to have a pneumococcal vaccination and revaccination 5 years later.

**Hepatitis B**
The vaccine is recommended for all patients who are not immune.

**Hepatitis C and HIV**
All patients with Inflammatory Bowel Disease are now routinely tested for these even if they have no risk factors. Testing for HIV is now very commonly done but the doctor will let you know before requesting the blood test and you may refuse if you wish.

**Human Papilloma virus (increases risk of cervical cancer)**
Regular smear test screening is strongly recommended for women with Inflammatory bowel disease. Vaccination to protect against this virus is recommended for women according to national guidelines (females aged 11-18 years).
TB
All patients being considered for TNF antibody treatment will be screened for TB. Other patients
who are at high risk of TB may require screening even if they do not require this therapy. If you think
you may be at risk of TB (If you have been in contact with an infected person or you were born
abroad) please inform the doctor.

Please consult your G.P regarding any of the above vaccinations.

Travel
If in the future you intend to travel to a country where yellow fever is common or yellow fever
vaccination is required (South American countries or sub-Saharan African countries) then you should
consider requesting the yellow fever vaccine now as it is a live vaccine and cannot be given to
patients on drugs that suppress the immune system.

If you intend to travel to a country where infectious diseases are common, please consult a travel
clinic, your IBD hospital consultant or your GP for further advice.

The following precautions are recommended:
• Pay greater attention to precautions regarding food and water.
• Take adequate supplies of medication in case of delay.
• Take out adequate travel insurance.

If diarrhoea does not improve within 48 hours despite treatment, seek medical advice.

If you have any comments about this leaflet or the service you have received
you can contact:

Consultant Gastroenterologist
Huddersfield Royal Infirmary
Tel: 01484 342719

www.cbt.nhs.uk

If you would like this information in another format or language contact the
above.