

### Recommended vaccinations

Transplant candidates are at increased risk of complications from vaccine-preventable diseases such as chickenpox, measles, hepatitis, flu, etc. After your transplant, your transplant doctor will start you on medications that will prevent a vaccine from being effective. That is why it's important that you receive needed vaccinations BEFORE you are put on the transplant list.

Here's a list of vaccinations we recommend. Vaccinations can be given at your primary care provider's office or from the county health department nearest you.

**Herpes Zoster** – (Zostavax) Get this if you have never gotten it before. *If you have never been vaccinated for chicken pox or have never had chicken pox before, talk to your primary care doctor first before getting this vaccine.*

**Varicella (chicken pox)** – Get this if you have never had a chicken pox vaccine before **OR** you have never had chicken pox.

**MMR (measles, mumps, rubella)** – Get this if you did not receive as a child. Immunity to measles is required to be active on the list.

**DTap (diphtheria, tetanus, pertussis)** – Get this if you have not had a tetanus shot in the last ten years.

**Flu (SHOT ONLY - not nasal spray)** – Get this every year. The best time is early fall. Don't wait until the "cold weather" months.

**Pneumococcal** – (Pevnar 13 & Pevnar 23) Get this if you have never gotten it before. It will require two shots, Pevnar 13 first and Pevnar 23 about 8 weeks afterward.

**Hepatitis A** – Get this if you have never gotten a Hepatitis A shot before. It will require a single vaccination with a booster shot 12 months later.

**Hepatitis B** – Get this if you have never gotten the full series of Hepatitis B shots. It will require you to get a series of 3-4 injections.

**Note: Hepatitis A & B can be given as a combination vaccine**

**Human Papilloma Virus (HPV)** – Get this if you have never gotten it before AND if you are 26 years old or younger and have never been sexually active.