

## Flu vaccine in pregnant Women (safety and efficacy)

Pregnant women have similar incidence of seasonal influenza as the general population, however because of the physiological changes, they are at an increased risk of respiratory complications including secondary pneumonia, acute respiratory insufficiency, and other complications like: increased risk of stillbirth, premature deliveries and death. (1)

The flu may also be responsible for uterine contractions and a threat of miscarriage or premature labor according to gestational age, like any systematic infection. (2)

“Vaccination against influenza provides a satisfactory immunity in pregnant women and reduces the risk of respiratory complications. Transplacental passage of maternal antibody protects newborns who are more likely to have severe influenza infection and because the vaccine cannot be administered before the age of 6 months. The available data show good tolerance influenza vaccination performed during pregnancy. Since 2012, vaccination against seasonal influenza is recommended for pregnant women, whatever the stage of pregnancy at the time of the vaccination campaign.” Anselem O et al said. (2)

### **About safety of Vaccination against influenza in pregnancy:**

**Trivalent Inactivated Vaccine (TIV)** found to be safe. Lack of harmful effect on pregnant women and newborns: no increased risk of complication.(1)

**Live-attenuated vaccines** are contraindicated because of the risk to the fetus.(3)

The Advisory Committee on Immunization Practices—(ACIP)—United States, 2013-14, recommended that “Women who are or will be pregnant during influenza season should receive TIV. Live attenuated influenza vaccine (LAIV) is not recommended for use during pregnancy. Postpartum women can receive either LAIV or TIV. Pregnant and postpartum women do not need to avoid contact with persons recently vaccinated with LAIV.” (4)

In conclusion, Influenza is a major cause of morbidity and mortality worldwide. The studies show the safety and efficacy of (TIV) against influenza to decrease the risk of complication, in Pregnancy with any stage whereas the live attenuated vaccine is contraindicated.

**References:**

(1) Nitsch-Osuch A, Woźniak Kosek A and Brydak LB. Vaccination against influenza in pregnant women - safety and effectiveness. *Ginekol Pol.* 2013;**84**:56-61.

(2) Anselem O, Floret D, Tsatsaris V, Goffinet F and Launay O. Influenza infection and pregnancy. *Presse Med.* 2013;**42**:1453-60.

(3) Raney EC and El-Ibiary SY. Immunizations and pregnancy: an update for pharmacists. *J Am Pharm Assoc* (2003). 2012;**52**:220-7.

(4) Centers for Disease Control and Prevention. Prevention and Control of Influenza with Vaccines: Recommendations of the Advisory Committee on Immunization Practices—(ACIP). USA:2013.

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