

Renal Services

Information about vaccinations for people with kidney transplants

Vaccinations and holiday advice

This advice applies to people with kidney transplants, and also to people with kidney diseases, receiving prednisolone, azathioprine, cyclophosphamide and ciclosporin.

These immunosuppressant drugs make it unsafe for you to receive certain holiday vaccines.

Check the following lists to see if the vaccinations you have been advised to receive before your holiday are safe for you. Some vaccines are available in a combination product, so you will need to check the individual ingredients from the list below. If you are in any doubt whether a vaccine is OK for you to have, please check with your transplant team or renal pharmacist.

The following applies to adults only.

Vaccinations which are safe to receive (either as a single vaccine or in a combination product) include:

- Diphtheria
- Hepatitis A
- Hepatitis B
- Immunoglobulin
- Influenza (injectable vaccine only)
- Meningococcus
- Pertussis
- Inactivated Polio injection - your GP may need to order this specially. It is also available in a combined vaccine.



Patient Information

- Pneumococcal
- Rabies
- Tetanus – only available as a combined vaccine
- Typhoid injection

Vaccinations that you should not receive are the ‘live’ vaccines which include:

- BCG
- Measles, mumps and rubella (MMR)
- Oral polio
- Oral typhoid
- Yellow fever
- Rubella
- Influenza nasal spray (Fluenz[®])
- Varicella-zoster

Malaria Prophylaxis

If you are going on holiday, your doctor, nurse or pharmacist can advise you on whether you will need to take tablets to prevent malaria. The tablets you will need to take will depend on where you plan to visit. **Some malaria tablets may interfere with your immunosuppressant medication, so if in doubt whether they are OK to take, check with your transplant team or renal pharmacist.**

Recommendations may change for certain countries, so it is important to check you have the most up to date information. This is available from your GP surgery, community pharmacy or your transplant team.

Common malaria tablets suitable for renal patients include:

- Chloroquine: 300mg (as base) once a week (1 week before travel, whilst away, and 4 weeks after returning).
- Proguanil: adjust dose according to renal function (see table below). You will need to take your tablets for 1 week before travel, whilst away, and 4 weeks after returning.

Chloroquine and proguanil are available to buy from your community pharmacy. They are not available on prescription for prevention of malaria.

Patient Information

Proguanil Dosing

| Creatinine Clearance | Dose |
|----------------------|----------------------|
| >60 ml/min | 200 mg daily |
| 20-59 ml/min | 100 mg daily |
| 10-19 ml/min | 50 mg alternate days |
| <10 ml/min | 50mg once weekly |

What is Creatinine Clearance?

This is a measurement of your kidney function. Your doctor can tell you what your creatinine clearance is from a urine collection, or estimate it from your blood tests.

Mefloquine

250mg (1 tablet) once a week; starting three weeks before travel, whilst away and 4 weeks after returning. This is only available on private prescription from your GP, even if you do not usually pay for your prescriptions.

Doxycycline

100mg daily; starting 1-2 days before travel, whilst away and 4 weeks after returning.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7777 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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