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VACCINATIONS DURING PREGNANCY

Vaccination is an effective and safe way to protect you and your baby from serious illness and complications of communicable diseases. Vaccinations that are routinely recommended in pregnancy are listed below.

Inactivated influenza vaccine ("flu Shot")

Flu season is typically the winter months. Pregnant women should get the flu shot, not the nasal spray vaccine which is made with the live virus. The flu is associated with excess complications in pregnant women. Getting vaccinated also helps protect your baby by transmission of antibodies across the placenta (called "passive immunity"). The flu shot is safe and can be given at any time during pregnancy. The trace amount of preservative used in vaccines has been shown to be harmless to pregnant women and their babies. It does not cause autism. Receiving vaccine that contains preservative is fine. It is safe for nursing mothers.

TDaP vaccine ("Tee-dap")

The TDaP vaccine protects against tetanus, diphtheria, and pertussis ("whooping cough"). It is recommended in pregnancy particularly for the protection against whooping cough. Vaccination is recommended between 27-36 weeks of pregnancy so your baby can benefit from passive immunity. This is very important to protect your baby in the first months of life. The vaccination is recommended with each pregnancy, regardless of time between pregnancies. Also, any close contacts who will be around your baby should also be vaccinated to decrease the risk of exposing your baby to whooping cough. The vaccine can be given postpartum, but it will not be as protective for your baby as it is when given while you are still pregnant. It is safe for nursing mothers.

We at South Sound Women's Center are proponents of vaccination for our pregnant patients. Unfortunately, we are unable to provide vaccinations to our patients as insurance reimbursement does not cover the cost. However, we will provide you with a prescription and you can get the vaccinations at your pharmacy. Another option is to get vaccinated at your primary care provider's office or, in some cases, vaccination may be offered through your workplace. If you are unable to get vaccinated prior to your delivery, appropriate vaccinations will be offered to you during your postpartum stay in the hospital.