

# Patient Information For A Healthy Pregnancy

## Pertussis (Whooping Cough)

Since 2010 there has been an increasing no of people getting the disease in this and other countries. In 2012 there was a rapid rise in Whooping Cough with a big increase in young babies.

Whooping cough is a serious disease that can lead to pneumonia and permanent brain damage. Many babies with whooping cough will be admitted to hospital and they are at risk of dying from the disease. In 2012 14 babies died in the UK from whooping cough and in 2013 through to 2014, 9 babies died of which 8 were to mothers not vaccinated in pregnancy. Vaccinating pregnant women against whooping cough has been highly effective in protecting young infants from this potentially fatal disease. Babies born to women vaccinated at least a week before delivery had a 91% reduced risk of becoming ill with whooping cough in their first few weeks of life, compared to babies whose mothers had not been vaccinated.

The vaccination programme is recommended for pregnant women from 28 – 32 weeks of pregnancy, although the vaccine can be offered up to 38 weeks. Vaccinating pregnant women between 28 -32 weeks of pregnancy will ensure that high levels of antibodies against whooping cough cross the placenta from the mother to protect the baby when it is born and until they receive their first immunisations at 8 weeks of age.

Please make an appointment with your Practice Nurse for this immunisation from 28 weeks of pregnancy, or for more information go to [www.nhs.uk/Conditions/pregnancy-and-baby/Pages/whooping-cough-vaccination-pregnant.aspx](http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/whooping-cough-vaccination-pregnant.aspx)

## Influenza

All pregnant women are offered Influenza vaccine from any stage of pregnancy by your GP or Practice Nurse.

There is good evidence that pregnant women are at increased risk from complications if they contract flu. In addition there is evidence that having flu during pregnancy may be associated with premature birth and smaller birth size and weight. Flu vaccination may reduce the likelihood of prematurity and smaller infant size at birth associated with influenza during pregnancy.

Also a number of studies show that Flu vaccination during pregnancy provides passive immunity against flu to infant in the first few months of life.

Inactivated Influenza vaccine in pregnancy can be given safely during any trimester of pregnancy and no study to date has shown any increased risk to the mother or baby.

All pregnant women are recommended to receive the inactivated influenza vaccine irrespective of their stage of pregnancy.

Please make an appointment with you Practice Nurse for this immunisation, or for more information go to [www.nhs.uk/Conditions/pregnancy-and-baby/Pages/flu-jab-vaccine-pregnant.aspx](http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/flu-jab-vaccine-pregnant.aspx)