After pregnancy

If you are not up to date with your immunisations you should receive them as soon as possible after your baby is born, even if you are breastfeeding, as there is no risk to the baby through breastfeeding.

If you are planning a pregnancy and you are not sure about what vaccines you should have before you get pregnant, speak to your doctor or call the Immunisation Section, SA Health on 1300 232 272 Monday to Friday 8:30am - 5:00pm.

For more information

Immunisation Section SA Health
PO Box 6 Rundle Mall
Adelaide SA 5000
Telephone: 1300 232 272
www.sahealth.sa.gov.au/immunisation

If you require this information in an alternative language or format please contact SA Health on the details provided below and they will make every effort to assist you.


www.ausgoal.gov.au/creativecommons
During pregnancy

Whooping cough (pertussis) and the flu

You should have both the whooping cough and flu vaccines in each pregnancy even if the pregnancies are close together. This is to protect you and make sure each baby receives the maximum benefit.

Please refer to the “Immunisations during pregnancy” brochure for more information.

As a precaution, you should not have any other vaccines during pregnancy unless there is a significant risk of disease to you and your unborn baby. Speak to your doctor about this.

Hepatitis B

A routine blood test can check that you are immune (protected) against hepatitis B. If you are not immune, a full course of the hepatitis B vaccine before becoming pregnant can protect you from hepatitis B during pregnancy. Pregnant women who have hepatitis B infection can pass the virus to the newborn at or around the time of birth.

Pneumococcal

Some people are at higher risk of pneumococcal infection which can result in a number of diseases including infection of the lungs (pneumonia), the covering of the brain and spinal cord (meningitis) or the blood (bacteraemia). If you identify as Aboriginal or Torres Strait Islander, are a smoker or have conditions such as diabetes or chronic heart, lung or kidney disease, you should be vaccinated against pneumococcal disease.

It is important to make sure you, your family and people you regularly come in contact with are up-to-date with their immunisations before you get pregnant.

This is because some diseases, if contracted when pregnant, can cause birth defects or miscarriage. Making sure you are up to date with your immunisations will provide some protection for you and your baby both during and after pregnancy.

Before pregnancy

Make sure you are up to date with all your immunisations. If you are unsure a simple blood test can check if you are protected against some of the vaccine preventable diseases that could harm your baby.

In general any vaccine can be given before you become pregnant but you should avoid getting pregnant for 28 days after having a live vaccine which includes the measles, mumps, rubella or the chickenpox vaccine.

The planning stages of pregnancy are a good time to remind other family members (partners, grandparents, brothers, sisters) and anyone who will be caring for your baby to check their immunisations are up-to-date.

To help protect your baby, both parents should be protected against the following diseases before you get pregnant:

Measles, mumps and rubella

Rubella (German measles) infection in a pregnant woman can cause serious birth defects for the unborn baby. To be sure you are protected against these diseases you must have records or evidence of receiving two doses of the measles, mumps and rubella (MMR) vaccine.

Chickenpox

If pregnant women are infected they can become seriously ill and infection can cause birth defects in the unborn baby or severe chickenpox in the newborn baby.

If you are not sure if you are protected, speak to your doctor about having two doses of the chickenpox vaccine. Remember, you should avoid getting pregnant for 28 days after having a MMR or a Chickenpox vaccine.

During pregnancy

Whooping cough (pertussis) and the flu

You should have both the whooping cough and flu vaccines in each pregnancy even if the pregnancies are close together. This is to protect you and make sure each baby receives the maximum benefit.

Please refer to the “Immunisations during pregnancy” brochure for more information.

As a precaution, you should not have any other vaccines during pregnancy unless there is a significant risk of disease to you and your unborn baby. Speak to your doctor about this.