

# Health Maintenance Checklist for Adult IBD Patients

Vaccine-Preventable Illnesses	Which Patients	How Often
Influenza (inactive)	All	Annually
Pneumococcal PCV13	If on/planning immunosuppression	Once <sup>1</sup>
Pneumococcal PPSV23	If on/planning immunosuppression	At baseline, repeat in 5 years and again after age 65
Tdap	All	Every 10 years
HPV	All aged 11–26 years	Once <sup>1</sup>
Meningococcal meningitis	All adult patients at risk of meningitis	Once <sup>1</sup>
Hepatitis A	If non-immune	Once <sup>1</sup>
Hepatitis B	If non-immune	Once <sup>1</sup>
MMR (live vaccine)	If non-immune <sup>2</sup>	Once <sup>1</sup>
Varicella (live vaccine)	If non-immune <sup>2</sup>	Once <sup>1</sup>
Herpes Zoster	All aged > 50 years <sup>3</sup>	Once <sup>1</sup>
Cancer Prevention	Which Patients	How Often
Cervical PAP smear	All on systemic immunosuppression <sup>4</sup>	Annual
Skin screen	All on systemic immunosuppression <sup>4</sup>	Annual
Colonoscopy	All with colonic disease for > 8 years	Every 1-3 years
Other Screenings	Which Patients	How Often
DEXA Scan	High risk; women with low BMI, post-menopausal, chronic steroid exposure	At least 2 years apart
PPD or IGRA	Prior to anti-TNF or anti-IL-12/23	Once (repeat if TB exposure)
Smoking status	All	Annual
Depression check	All	Annual

1. Recommended timing and spacing of vaccines available in ACIP recommendation
2. Patients treated with systemic immunosuppressive therapy (steroids, thiopurines, anti-TNFs) should not receive live (attenuated) vaccines e.g. measles, mumps, rubella, nasal influenza, varicella, and yellow fever
3. The CDC's ACIP recommends the subunit vaccine (Shingrix) over the live vaccine (Zostavax), and that Shingrix can be administered to patients who have already received Zostavax. Patients receiving anti-TNFs, anti-IL-12/23 or >20 mg prednisone should NOT be given the live zoster vaccine.
4. "Systemic immunosuppression" currently includes azathioprine, mercaptopurine, methotrexate, anti-TNFs, anti-IL-12/23

## ADDITIONAL INFORMATION

- [ACG](#)
- [ACIP](#)
- [ACOG](#)
- [AGA](#)
- [NCI Skin Screen](#)
- [National Osteoporosis Foundation](#)
- [PHQ-9 Depression Survey](#)
- [US Preventive Services Task Force \(USPSTF\)](#)

The evidence base for this checklist varies from "insufficient to assess benefits" to "moderate net benefits." Developed by the Crohn's & Colitis Foundation's Professional Education Committee Sub-Group: Alan Moss MD, Francis Farraye MD, MSc, Glenn Gordon MD, Raluca Vrabie MD • Approved by Committee Chairs: Millie Long MD, Samir Shah MD • V3\_January\_2018