



Vaccines for Patients with Glomerulonephritis

Why do I need to get vaccines?

Vaccines lower your risk of getting certain infections.

You are more likely to get seriously ill from infections when you have glomerulonephritis (GN).

This is because:

- Your body loses protein in the urine, but can also lose antibodies that fight infection in the urine.
- To treat GN, you may need to take or are already taking medicines that lower your body's ability to fight infections (immunosuppressant medication).
- You may have decreased kidney function. This can make your white blood cells weaker and less able to fight infections.

What vaccines do I need to get?

The most important vaccines are listed first.

Vaccine	Why the vaccine is important
Influenza (Flu)	<ul style="list-style-type: none"> • This vaccine protects you from getting the flu during flu season (early October to late May). • You have a higher risk of getting seriously ill and having to stay in the hospital if you get the flu. <p>Get the flu vaccine: every year in October.</p>
Pneumococcal	<ul style="list-style-type: none"> • These vaccines protect you from bacteria that cause pneumonia, meningitis, and blood infections. • You have a higher risk of getting seriously ill and having to stay in the hospital if you get a pneumococcal infection. <p>Get the Prevnar® 13 vaccine.</p> <p>Get the Pneumovax® 23 vaccine: at least 8 weeks after getting the Prevnar® 13 vaccine, a booster dose 5 years later, and when you are 65 years old.</p>
Herpes zoster (Shingles)	<ul style="list-style-type: none"> • This vaccine protects you from the herpes zoster virus (shingles). • You can get shingles more than once. <p>Get the SHINGRIX® vaccine 2 times over the next 2 to 6 months. Get the first dose and then again 2 to 6 months afterwards.</p> <p>If you have had shingles or the Zostavax® II vaccine, wait 1 year before getting SHINGRIX®.</p>
Hepatitis B	<ul style="list-style-type: none"> • This vaccine protects you from the hepatitis B virus. Hepatitis B can cause liver disease and GN. <p>Get the high dose (40 mcg) hepatitis B vaccine: 4 times over the next 6 months. Get first dose and then again 1 month, (2 months), and 6 months afterwards. (The number of doses depends on which vaccine you receive).</p>

Vaccine	Why the vaccine is important
Human papillomavirus (HPV)	<ul style="list-style-type: none"> This vaccine protects you from certain types of the human papillomavirus (HPV). HPV can cause genital warts and some types of cancers. You have a higher risk of getting genital warts and some types of cancers from an HPV infection if you are taking immunosuppressant medication. <p>Get the HPV vaccine: if you are female and under 46 years old, or male and under 27 years old.</p>

For your safety: Do not get any live vaccines (a vaccine that has a weakened form of the virus/bacteria in it) **if you are taking immunosuppressant medications.** You would be at risk of getting that infection. All of the recommended vaccines in this handout are inactivated (non-live) vaccines.

When should I get these vaccines?

Get these vaccines as soon as possible. They work best if you get them before starting immunosuppressant medication and when your kidneys are still working normally.

Where can I get these vaccines?

Some of these vaccines will require a prescription. Take this handout to your family doctor or nurse practitioner to obtain vaccine supply and then these may be injected at your local pharmacy or at your family doctor's office.

What side effects should I expect?

Most vaccine side effects are mild and only last for a few days. Side effects include:

- pain, redness, or swelling where you got your shot
- a mild fever (between 37°C and 38°C)
- feeling tired (fatigued)
- headache
- muscle and joint pain

What should I do after I get a vaccine?

You, your doctor, or your local pharmacist should tell the clinic right away.

- Send vaccine documentation to your clinic at the clinic fax number _____.

Who can I ask if I have questions?

Call the clinic at the phone number _____.

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