

Preconception Vaccination Quick Reference Chart

Vaccine	Why It Matters	Preconception Action	Timing Guidance	Notes
MMR (Measles, Mumps, Rubella)	Rubella infection during pregnancy can cause congenital rubella syndrome	Confirm immunity or vaccinate if non-immune	Give ≥4 weeks before conception	Live vaccine - contraindicated in pregnancy
Varicella (Chickenpox)	Maternal infection can cause congenital varicella syndrome and severe maternal illness	Check immunity or vaccinate if non-immune	Give ≥4 weeks before conception	Live vaccine - contraindicated in pregnancy
Hepatitis B	Prevents maternal infection and vertical transmission to infant	Screen for immunity; vaccinate if non-immune and at risk	Can be given before or during pregnancy	Important for individuals with risk factors
HPV	Prevents HPV-related cancers and genital warts	Complete vaccine series prior to pregnancy if eligible	Ideally before conception	Not recommended to initiate during pregnancy
Influenza	Reduces maternal morbidity and protects newborn	Annual vaccination recommended	Can be given preconception or during pregnancy	Inactivated vaccine
Tdap (Tetanus, Diphtheria, Pertussis)	Protects newborn from pertussis	Ensure routine immunization status	Usually administered during pregnancy (27-32 weeks)	Preconception review still recommended
COVID-19	Reduces risk of severe maternal illness	Ensure up-to-date vaccination	Can be given before or during pregnancy	Follow current national guidance
RSV (Maternal Vaccine)	Protects newborn from RSV infection	Counsel patients planning pregnancy about vaccine during pregnancy	Given during pregnancy (seasonally)	Preconception counselling opportunity
Travel Vaccines (e.g., Yellow Fever)	Protects against region-specific infections	Assess travel plans and vaccine needs	Ideally before conception	Some vaccines contraindicated in pregnancy

Clinical Notes for Providers

Key principles for preconception vaccination:

- Review vaccination history during routine visits with reproductive-age patients.
- Confirm immunity to rubella and varicella before pregnancy.
- Administer live vaccines at least 4 weeks before conception.
- Provide counselling about vaccines recommended during pregnancy.
- Assess travel-related vaccine needs when applicable.

Quick Preconception Vaccine Checklist

During routine visits ask:

- Is the patient immune to rubella and varicella?
- Are routine vaccines up to date?
- Is hepatitis B vaccination needed?
- Are travel vaccines required?
- Does the patient understand which vaccines are recommended during pregnancy?

Clinical Pearl

Preconception vaccination prevents infections that cannot safely be vaccinated against during pregnancy.