

Inflammatory Bowel Disease Health Maintenance Recommendations

- Vaccinations with non-live virus vaccines:
HPV (if appropriate for age < 27)
Pneumonia: One time vaccination with Prevnar 20 (PCV20) or Capvaxive (PCV21)
Shingles / Zoster: Shingrix at 0 and 2 months
Hepatitis B: Heplisav-B 2 doses at least 1 month apart
Influenza: annual vaccination (not flu-mist)
Measles/Mumps/Rubella: check immunity with antibody level
- Annual Pap for female IBD patients
- Periodic DEXA bone density scan every 3-5 years
- Periodic Quantiferon TB test every 2-3 years if taking a Biologic or azathioprine/6-MP
- Colonoscopy for surveillance for dysplasia (pre-cancerous changes) every 1-3 years after 8 years from time of diagnosis
- Consider annual full body skin exam by dermatology for skin cancer screening
- Smoking cessation
- Avoidance of NSAIDs (Aspirin, Motrin, Ibuprofen, Naprosyn, Aleve, etc.). Use Tylenol when possible.
- Periodic Vitamin D level
- Periodic Vitamin B12 level for patients with Crohn's Disease and small bowel disease or history of small bowel resection
- For information about IBD and pregnancy visit: [UpToDate](#)