

## Inflammatory Bowel Disease Health Maintenance Recommendations

- Vaccinations with non-live virus vaccines:  
HPV (if appropriate for age < 27)  
Pneumonia: Prevnar 20 or Prevnar 13 followed 2 months later by Pneumovax 23, with Pneumovax 23 booster every 5 yrs  
Shingles / Zoster: check immunity with antibody level or Shingrix at 0 and 2 months prior to immunosuppression / xeljanz  
Hepatitis A and B: Recombivax HB or Twinrix at 0, 1, and 6 months  
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](#)