

## **Rubella Susceptibility and MMR vaccination pre-conception**

Screening pregnant women for rubella susceptibility using serological testing is no longer recommended, and this is now UK-wide policy. Please see [CMO's 2016 letter on cessation of antenatal rubella susceptibility screening in Scotland](#)

However, rubella infection and MMR vaccination remain important, with rubella (and measles and mumps) outbreaks in different parts of Europe. Ensuring vaccination (MMR x 2) pre-conception is the most reliable way to reduce rubella infection during pregnancy. This is particularly true for women in their 20s and 30s, with lower than desirable vaccination rates in the period following the Wakefield scandal and variable uptake of vaccination in different countries. This susceptibility has been demonstrated in Lothian with waves of measles and mumps cases being recorded in the student population especially.

The period spent preparing for fertility treatment provides women with an opportunity to reduce the risk of preventable problems. Women should be asked about their vaccination history and offered additional dose(s) of MMR vaccine if they are unsure of their vaccination status so that they have records of two MMRs.

The Edinburgh Fertility Centre now requests documented evidence of 2 rubella or MMR vaccines, but referral can proceed without those. However, the woman should still be encouraged to proceed with vaccination in primary care so that she is protected as soon as possible, and to save delays in future treatment should she decide to proceed with immunisation.

**MMR should not be given during pregnancy as it is a 'live' vaccine, therefore please ensure there is no chance of pregnancy (and a pregnancy test is negative) prior to the first MMR. Women should not become pregnant in the 4 weeks after receiving MMR.**

To complete a course of vaccination, 2 x MMR vaccinations are required at least one month apart. For further details, including what to do if a pregnant woman inadvertently receives MMR vaccine, please see the [Green Book](#).

19<sup>th</sup> Feb 2022