

## FluMist Intranasal Vaccine (Live Attenuated Influenza Vaccine)

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### Intranasal influenza vaccine and IBD

An intranasal influenza vaccine, marketed in Australia as FluMist, became available in 2026. Intranasal means it is administered as a spray into the nose, rather than as an injection. Unlike the standard injectable flu vaccine, the intranasal contains a weakened but live form of the influenza virus. This is an important distinction for people living with IBD and may mean they should not use Flumist.

Both the nasal spray and the injectable flu vaccine are equally effective and safe when used in the right circumstances. The right choice depends on your age, health status, and any medications you are taking.

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### Who should avoid the intranasal influenza vaccine?

If you are [moderately or severely immunocompromised](#), you should not use the intranasal influenza vaccine. This includes people taking steroids, certain doses of immunomodulators (such as azathioprine, mercaptopurine or methotrexate), and/or certain biologics. You should also avoid it if you are taking oral salicylate therapy (such as aspirin), or if you have previously had a severe allergic reaction to any influenza vaccine. The standard injectable flu vaccine remains the safe and recommended alternative for all these groups.

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### Availability in Australia

The intranasal influenza vaccine is only registered for children ages 2 to under 18 years. It is available free of charge for certain groups through state-funded programs, with eligibility varying by state. Because the nasal spray is a live vaccine, it's worth checking with your pharmacist or GP before your child receives any flu vaccine, particularly if your child or a household member is on immunosuppressive therapy. Visit the [National Centre for Immunisation Research and Surveillance](#) for more information.

If you live with someone who is immunocompromised, household members who receive the intranasal influenza vaccine should avoid close contact with that person for one to two weeks afterwards or choose the injectable vaccine instead. The transmission of vaccine virus is <1%.

Speak with your IBD team or GP before making decisions about vaccination.

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## For help or information

Scan QR code for website:

Phone: 1800 138 029

