

MMR and Egg Allergy

The Measles, Mumps and Rubella (MMR) vaccination was initially thought to be potentially more risky in children with egg allergy. However, careful studies have shown that it is no more risky in egg allergic children than others and so it can be given to egg allergic children at their General Practitioners' (GP) surgery.

The MMR has proven to contain very little hen's egg protein and even if there is a trace of egg protein, the processing of the vaccine has very greatly reduced risk to your child.

This recommendation was made by the British Society for Allergy and Clinical Immunology (BSACI) in 2007 and endorsed by the government in the British National Formulary (BNF) in 2008.

The MMR has an excellent safety record, but like other vaccinations, it should not be given to children who are unwell on the day the vaccination is due.

Please seek the advice of your doctor or nurse. If your child has had a possible allergic reaction to a vaccination (MMR or other), they might choose to arrange further vaccinations with the local child health department who may choose to refer your child for assessment by the RMCH allergy team.

Influenza vaccine and Egg Allergy

The situation with influenza vaccines is different to MMR as these vaccines sometimes contain much higher levels of egg protein and so have to be considered very carefully. They can often be given safely in a clinical setting, but there are now influenza vaccines being made that contain no egg protein.

If you are tolerant of tiny quantities of egg protein (without having an allergic reaction), you could have either vaccine. If you are very sensitive to even small quantities of egg, you should receive the vaccine that is egg free. Please discuss your child's egg sensitivity with your doctor or nurse before the vaccination.