



Rubella and Immunity

Testing for immunity to rubella virus is recommended prior to pregnancy. Your result will show that you are either “positive” (immune) or “negative” (non-immune).

If you are not immune to Rubella, the Physicians at NRM recommend you undergo vaccination. This involves one dose of the vaccination. **Attempts to become pregnant must be delayed until 4 weeks after the vaccination** because the vaccine utilizes a live virus. This recommendation is in accordance with the United States Adult Advisory Committee on Immunization Practices (ACIP).

Rubella infection in pregnancy

Rubella, also known as German measles, is an infection that has markedly declined in incidence in the US since the introduction of childhood immunization. However, when a woman is infected during pregnancy, this can have devastating effects on the fetus.

- Women infected with rubella at any time during pregnancy are at increased risk for miscarriage, stillbirth, or fetal growth restriction.
- For women infected with rubella during early pregnancy (up to 20 weeks gestation), the fetus is at risk for developing congenital rubella syndrome. This syndrome is characterized by hearing loss, eye disease, heart disease, and central nervous system effects that may lead to intellectual disability and/or developmental problems.

While Rubella is not common in the US, Rubella outbreaks still occur in other parts of the world.

How is rubella transmitted?

- Person to person through bodily fluids, such as nose and throat secretions.



Please sign below

_____ I understand that I have tested non-immune to Rubella.

_____ I will undergo Rubella immunization with my primary care provider.

_____ I decline Rubella immunization for personal or other reasons. I understand that I am at risk for infection if I am exposed during pregnancy. I understand the risks to myself and to my baby if I become infected with Rubella during my pregnancy.

_____ Patient Name (print)

_____ Patient Signature _____ Date

_____ Witness Signature _____ Date