Coming back this fall:
The Nasal Spray Flu Vaccine!

Why is it coming back?

This February the Advisory Committee on Immunization Practices (ACIP) voted to add the nasal spray flu vaccine, also known as live attenuated influenza vaccine (FluMist or LAIV) to its list of acceptable flu vaccines. Because Mayo Clinic follows the ACIP recommendations, we will offer the nasal spray as an option this fall. We will start with our School-Located Immunization Program this September.

Why was it gone?

In the previous two years the ACIP had reviewed data available that indicated that the nasal spray was failing to provide protection, particularly with regard to one strain in the vaccine. The ACIP chose to not recommend the nasal spray the last two years.

Why did ACIP change its recommendation?

The company that makes the nasal spray has since changed out the vaccine form of the problem strain and used a better test to test its effectiveness. The company presented evidence this February to ACIP that showed the new nasal spray now produced stronger immune response than the previous version. At that meeting the ACIP also reviewed a systematic review of nasal spray studies that showed it compared well with the other forms of flu vaccine.

Was the nasal spray still used in the last 2 years?

The Food and Drug Administration licenses each flu vaccine based on achieving a sufficient immune response. It continued to license the nasal spray the last two years just as it has for the injected form. Countries around the world continued to give the nasal spray in the last two years despite the ACIP decision not to do so.