

The Medical Letter[®]

on Drugs and Therapeutics

Volume 66

October 28, 2024

ISSUE No.
1714

IN THIS ISSUE

In Brief: *FluMist* Influenza Vaccine for Self-Administrationp 174

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Volume 66 (Issue 1714)

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IN BRIEF

FluMist Influenza Vaccine for Self-Administration

FluMist (AstraZeneca), the live-attenuated intranasal influenza vaccine that has been available for years for administration by a healthcare provider in nonpregnant persons 2-49 years old, has now been approved by the FDA for self- or caregiver-administration. It is expected to be available for such use during the 2025-2026 influenza season.¹ *FluMist* is only available through a healthcare provider this season. It will continue to be available for administration by a healthcare provider in the future.

DOSAGE AND ADMINISTRATION – *FluMist* is supplied in 0.2-mL single-use intranasal sprayer devices. The vaccine may contain residual amounts of ovalbumin (egg protein) and gentamicin sulfate. A single 0.2-mL dose (0.1 mL in each nostril) is recommended for most patients each season.¹ ■

1. Influenza vaccine for 2024-2025. *Med Lett Drugs Ther* 2024; 66:145.

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