

Pocket size

# HIV and pregnancy



December 2015

This leaflet is  
about HIV and  
pregnancy...

and women's  
health.



**Web links are for  
more information.**



It includes information about:

- Conception (including when one partner is negative).
- Mothers' health.
- ART during pregnancy.
- Your baby's health.

Can positive people have HIV negative children?

**Yes.**

- This is one of the many success stories of HIV treatment (ART).
- Your HIV status has no bearing on whether or not you can have children.
- Talk to your doctor if you want to become pregnant.

- In the UK, HIV positive people should have access to the same support services as HIV negative people.
- This includes services to help you become pregnant.
- ART protects the negative partner during conception when one partner is HIV positive and the other is HIV negative.
- ART protects the baby from HIV during pregnancy and at birth.



# Planning your pregnancy

Planning a pregnancy is very similar whether or not you are HIV positive.

If you were only diagnosed with HIV during pregnancy, you might need lots of support.

If you were already HIV positive then your doctor can help with health checks before becoming pregnant – and with careful screening and monitoring during pregnancy.

Choose a healthcare team and antenatal clinic that supports and respects your decision to have a baby.

For most people, conceiving naturally will be the first choice.

Having an undetectable viral load on ART will prevent HIV transmission if one of the partners is HIV negative. Viral load should be undetectable for several months before deciding not to use a condom.

Natural conception needs to be something that both partners have discussed and agreed and are happy with.

Your doctor can help you understand how to know when you are most fertile during your ovulation cycle.



“Having an HIV diagnosis does not change who you are and I had always wanted to be a mother.

I decided to have a baby and had a lot of peer support and information from other HIV positive women.

When I finally got the all clear for my beautiful baby, all the worry, fear and uncertainty were definitely worth the wait!”

– *Angelina*



[i-base.info/quotes](http://i-base.info/quotes)



Is ART safe for the mother?

**Yes.**

- UK and international guidelines recommend ART for all HIV positive people before, during and after pregnancy.

Is ART safe for the baby?

**Yes.**

- A registry of tens of thousands of pregnancies has not shown any serious risk to the baby from ART.



[i-base.info/ART](http://i-base.info/ART)

# Choice of delivery

If the mothers' viral load is undetectable on ART by 36 weeks, UK guidelines recommend vaginal delivery.

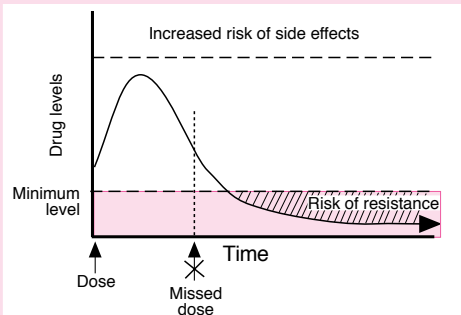
In other circumstances a planned C-section is sometimes recommended, particularly in an emergency.

# Protecting and ensuring the mother's health

Your own health and your own treatment are the most important things to consider for ensuring a healthy baby.

This is always the first concern.

# Adherence



Being late lets drug levels fall to where resistance can develop. The more often you are late, the greater the chance of resistance. *Never double-dose if you miss a dose though.*



[i-base.info/adherence-tips](http://i-base.info/adherence-tips)

# Feeding your baby

HIV can pass from mother-to-baby in breast milk.



In the UK using bottles and infant formula milk will make sure your baby is at no risk.



[i-base.info/feeding](http://i-base.info/feeding)

## Notes for your next visit

Taking a list of things you want to talk about will make the most of the time you have to see your doctor.

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booklet please call 020  
7407 8488 or order online.**



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