

Pocket size

i-base

HIV and pregnancy



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May 2023

This leaflet is about HIV and pregnancy... and women's health.

It is based on a
longer and more
detailed 36-
page guide.

[https://i-base.info/
guides/pregnancy](https://i-base.info/guides/pregnancy)





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.

- People living with HIV in the UK should have access to the same support services as people who are HIV negative.
- This includes services to help you become pregnant.
- ART protects the negative partner during conception when only one partner is living with HIV.
- 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 living with HIV.

If you only found out you were HIV positive during pregnancy, you might need more support.

If are already living with HIV then your doctor can help with health checks before becoming pregnant. And also 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 their first choice.

Having an undetectable viral load on ART will prevent HIV transmission if one of the partners is HIV negative.

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



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“... 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 women living with HIV.

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

Is ART safe for the mother?

Yes.

- Guidelines recommend ART for all people living with HIV – before, during and after pregnancy.

Is ART safe for the baby?

Yes.

- But, as some drugs are safer than others, you might need to change your ART either before you get pregnant or when you find out that you are pregnant.



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Choice of delivery

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

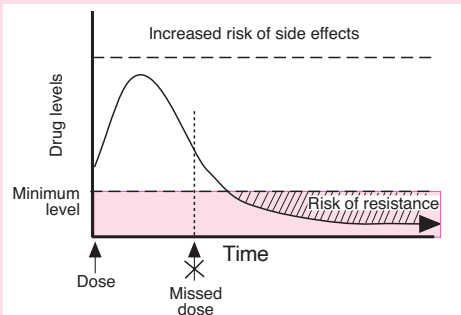
In some circumstances a planned C-section is sometimes recommended, particularly in an emergency.

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 low levels. Each time you are late there is a small chance of drug resistance. *But please don't double-dose if you miss a dose.*



i-base.info/adherence-tips

Feeding your baby

HIV can pass to the baby from breast/chest milk.



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

An undetectable viral load reduces the risk. Please talk to your doctor if you want to breast/chest feed.



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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.

Full 36-page
booklet please call
020 8616 2210
– or order online.



i-base.info/order

Q&A service?

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More pages >>>



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