

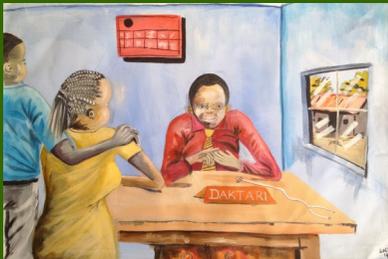
Other Things to Consider

Before trying to get pregnant, there are important health issues you should discuss with your healthcare provider. Together, you can talk about increasing the chance of your getting pregnant while reducing the risk of getting or transmitting HIV. You should talk about the following:

1. Controlling HIV with antiretroviral therapy (ARVs) decreases HIV transmission.
2. Screening and treatment of sexually transmitted infections in you and your partner
3. Improving your general medical health (diabetes, high blood pressure, asthma and/or stopping alcohol and smoking use). These conditions can have bad outcomes for your pregnancy, your health and your baby's health.
4. Adhere to ARVs for lifelong health.

Your provider will:

- Review and recommend the best ARV regimen for you and/or your partner.
- Talk with you about strategies to prevent HIV whilst you are trying to get pregnant.
- Check you and your partner for infections.
- Prescribe a multivitamin with folic acid to prevent birth defects.
- Provide you with condoms for use with all sexual encounters while they assist you in safely getting pregnant.



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Adapted from the resources of the Francois-Xavier Bagnoud Center of the University of Medicine & Dentistry of New Jersey
http://www.fxbcenter.org/resources_clinical.html#clinician & the
UCSF HIVE a hub of positive reproductive & social health
<http://www.hiveonline.org/resources/>

Thinking of having a baby?



Preconception health means planning a pregnancy to make sure you are as healthy as possible before you are pregnant

Why is preconception care important?

Your health status before pregnancy improves your well-being and that of the baby.

Will pregnancy make HIV worse?

No. With special care and medicines, women with HIV can manage their HIV and have healthy pregnancy.

When is the best time to try to get pregnant?

When you and your partner are healthy. It is recommended that you have 18 months between pregnancies. Your healthcare provider can help you determine the days of your menstrual cycle you are most likely to get pregnant.

Will my baby have HIV?

The risk of passing HIV to your baby is low as long as you are getting the antenatal and HIV care you need and are taking your medications as prescribed.

Should I tell my provider that I want to get a baby?

Yes! Tell your healthcare provider that you are thinking about having a baby. Your provider will help you prepare for a healthy and safe pregnancy.

Whilst trying to get pregnant, what can I do to prevent passing HIV to my partner? Or getting HIV from my partner?

There are ways to help you get pregnant AND prevent passing or getting the HIV virus!

Talk to your health care provider about:

- Antiretrovirals (ARVs), Pre-exposure Prophylaxis (PrEP), vaginal insemination, sperm washing, medical male circumcision.

What can I do during my pregnancy to improve my health?

- **Start antenatal care as soon as you know you are pregnant.** Women who get antenatal care early have healthier babies.
- **Take your medications everyday,** exactly as prescribed.
- Go to **all** of your healthcare appointments.
- **Eat a healthy diet.** Discuss this with your healthcare provider if you are unsure about what to eat.
- **Always use condoms** when you have sex to protect you, your partner and your baby from exposure to HIV and other infections. Pregnancy can increase the risk of passing HIV to others.
- **Do not take any medications** unless your healthcare provider says it's OK including herbal medications.

Checklist of some things to ask your healthcare provider

- ◇ How can I discuss my desire for a child with my partner?
- ◇ Do my partner and I need to have our fertility tested?
- ◇ Do I have HIV? What is the level of HIV in my blood (i.e. viral load)? CD4 count?
- ◇ Are the HIV medications keeping the viral load down well enough?
- ◇ Do I have any sexually transmitted infections ?
- ◇ Am I a candidate for cervical cancer screening ?
- ◇ What are the best options for my partner and I to have a baby?
- ◇ Is my body weight ok? Do I need to lose or gain weight?
- ◇ Can you refer me to other resources?

If you have more questions or would like to discuss the information here in more detail, please contact your healthcare provider.

