

Preventing HIV and Pregnancy: A Guide for HIV- Women partnered with Men Living with HIV



Important Facts about Pregnancy Planning

- About half of all pregnancies in the US are unplanned.
- There are safe and reliable ways to plan a pregnancy even if your partner is living with HIV. Check out [this brochure](#).
- There are many different kinds of birth control out there that work well at preventing unwanted pregnancy.
- Some women choose to talk with their partner about birth control options and some choose birth control methods without talking to their partner. It's up to you what works best for you.
- Couples that talk about birth control methods and choose together are more likely to use them.
- Recent studies have demonstrated that women who are users of Depo-Provera may be more likely to get HIV from a partner. For more info on this, check out [this link](#). Talk with your provider if you have questions or concerns.

Preventing Pregnancy: The Options

HOW WELL DOES BIRTH CONTROL WORK?



Really, really well

Works, hassle-free, for up to...



The Implant (Nexplanon)

3 years



IUD (Skyla)

3 years



IUD (Mirena)

5 years



IUD (ParaGard)

12 years

No hormones



Sterilization, for men and women

Forever

What is your chance of getting pregnant?



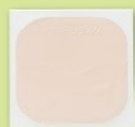
Okay

For it to work best, use it...



The Pill

Every. Single. Day.



The Patch

Every week



The Ring

Every month



The Shot (Depo-Provera)

Every 3 months



Not so well

For each of these methods to work, you or your partner have to use it every single time you have sex.



Withdrawal



Diaphragm



Fertility Awareness



Condoms, for men and women

Needed for STI protection

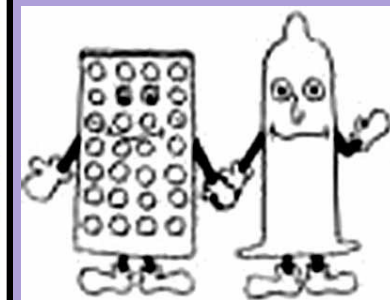
Use with any other method



Photo Credit: [bedsider.org](#)

For more info on birth control methods, visit www.bedsider.org

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Preventing HIV and Pregnancy: Understanding Transmission

Important facts about HIV Transmission:

- HIV is passed along by contact with blood, semen, genital fluids or breast milk of a person who has HIV. Having vaginal or anal sex without a condom or sharing drug injection equipment like needles or syringes with someone living with HIV are the two most common ways of spreading HIV.
- HIV is NOT acquired from hugging, holding hands or kissing.
- HIV is not transmitted by day-to-day contact in the workplace, schools or social settings. You cannot get HIV from touching a doorknob, drinking fountain, toilet seat, drinking glass, food or pets.
- Your partner taking antiretroviral medications and maintaining an undetectable viral load (no HIV virus is detectable in the blood test) is your best defense against getting HIV!

The most effective ways to reduce the risk of getting HIV from your partner:

- Using a male or female condom with lube when you have vaginal sex or anal sex. Using condoms is effective at helping prevent pregnancy, HIV, gonorrhea, chlamydia, herpes and syphilis. Check out this [female condom demo video](#).
- Pre-exposure prophylaxis (PrEP): PrEP is highly effective for women when taken as prescribed: you take an HIV medication daily to keep from getting HIV. Check out [this brochure](#) for more info on PrEP.
- Your partner taking his HIV medications as prescribed by his healthcare provider. Taking ARVs (Antiretrovirals) as prescribed and maintaining an undetectable viral load means one is 96% less likely to pass HIV through sex. If one has an undetectable viral load for at least 6 months and no other sexually transmitted infections, the risk of passing HIV is even lower - less than 1%.
- If your partner has an undetectable viral load AND you take PrEP regularly as prescribed, the risk of HIV transmission is likely to be 0%.
- Not sharing needles or razors with your partner.
- Preventing unplanned pregnancy: studies have shown that the physiological and behavioral changes that take place during pregnancy may make it more likely to get HIV from your partner. This makes it important for your partner to stay on treatment and undetectable. If you decide to have a baby, there are many safer conception methods to support you in getting pregnant and not getting HIV. Check out [this brochure](#) for more information on safer conception methods.
- Talking with a provider or in a support group about different ways of using condoms and lubrication— everyone has their own preferences.

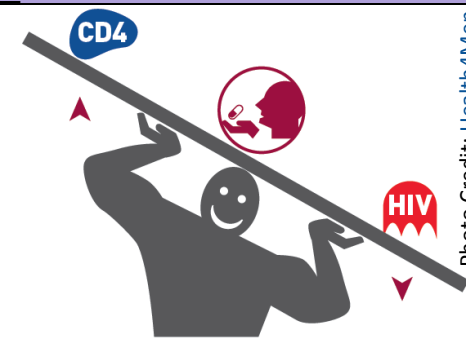


Photo Credit: [Health4Men](#)



Questions? For more info, check out www.hiveonline.org or contact Shannon Weber at 415.206.8919

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