

Preventing HIV and Pregnancy: A Guide for Men Living with HIV



- About **half of all pregnancies** in the US are unplanned.
- There are safe and reliable ways to **plan a pregnancy** even if you or your partner is HIV positive.
- Couples that **talk about birth control** methods and choose together are more likely to use them.
- There are **many different kinds** of birth control out there that work well at preventing unwanted pregnancy and sexually transmitted infections. **Talking with your partner about birth control options will help you and her choose the best method.**
- Recent studies have demonstrated that women who are users of Depo-Provera may be at an increased risk of contracting HIV from a partner. For more info on this, check out [this link](#). **This makes it even more important to take your HIV medication.**
- If your female partner is HIV positive and taking HIV medication, it is important to note that hormonal contraception containing ethinyl estradiol (a form of estrogen) can interact with certain HIV drugs. This may make the birth control method less effective and increase the chances of pregnancy. **Support her in talking with her provider about her options.**

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



Sterilization, for men and women

Forever

No hormones

What is your chance of getting pregnant?



Less than 1 in 100 women



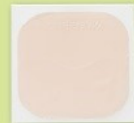
Okay

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



6-9 in 100 women, depending on method



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



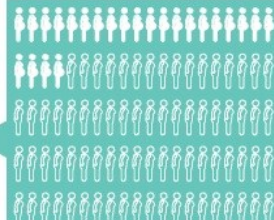
Fertility Awareness



Condoms, for men and women

Needed for STI protection

Use with any other method

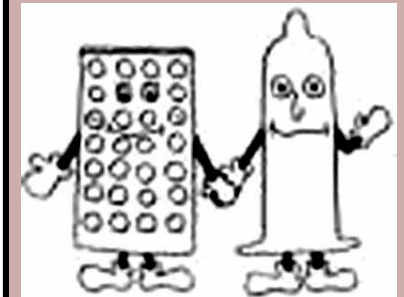


12-24 in 100 women, depending on method

Photo Credit: bedsider.org

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

BEDSIDER



Preventing HIV and Pregnancy: Getting Undetectable!

HIV is spread 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.

You CANNOT spread HIV from hugging, holding hands or kissing.

HIV is **not** passed along by day-to-day contact in the workplace, schools or social settings.

You cannot get HIV from touching a door knob, drinking fountain, toilet seat, drinking glass, food or pets.

Taking your meds and staying undetectable is your best defense against passing HIV!

For more info on HIV treatment, check out: <http://www.hivstopswithme.org/>

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

- **Taking your HIV medications** as prescribed by your health care provider.

Taking ARV (Antiretrovirals) as prescribed means you are 96% less likely to pass HIV through sex. If you have an undetectable viral load for at least 6 months and have no other sexually transmitted infections, the risk of passing HIV is even lower, much less than 1%.

- **Pre-exposure prophylaxis (PrEP)** means your HIV negative partner takes an ARV to keep from getting HIV.

If you have an undetectable viral load AND your partner takes PrEP regularly as prescribed, the risk of HIV transmission is likely to be 0%.

- **Not sharing needles** or razors.

- **Using a male or female condom** with lube when you have vaginal sex or anal sex.

Using condom is effective at helping prevent pregnancy, HIV, gonorrhea, chlamydia, herpes and syphilis.

Check out this [female condom demo video](#).

- **Preventing pregnancy**- Studies have shown that the physiological and behavioral changes that take place during pregnancy may make it more likely to pass HIV to your partner. This makes it even more important to take your medication.

- We suggest **talking with a provider** or in a support group about ways of using condoms and lubrication- everyone has their own preferences.

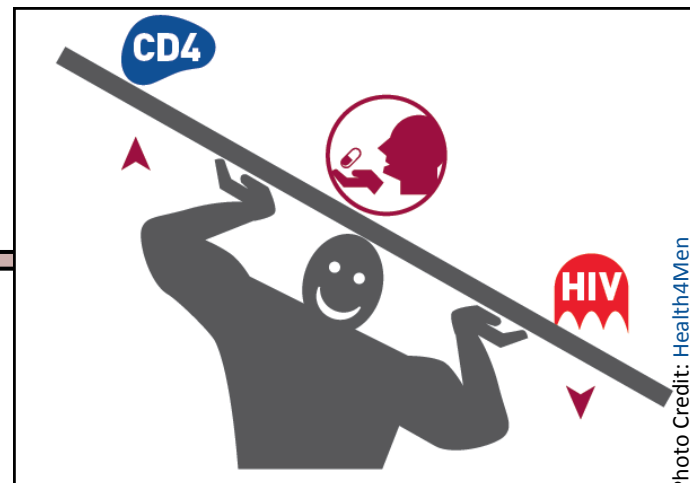


Photo Credit: [Health4Men](#)



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

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