



THINKING ABOUT HAVING A BABY?

A GUIDE FOR TRANS MEN* LIVING WITH HIV

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Each family-building journey is unique. With advances in science and technology, there are more conception options for people of all genders who are living with HIV (PLWH).

Plan ahead and connect with supportive medical providers who believe that families headed by trans people and PLWH can thrive.

The fields of trans fertility and HIV fertility are rapidly changing. This brochure was written to help you begin to make informed decisions about ways to have a family.

Whatever path you choose, we support you.

FAMILY BUILDING OPTIONS

Some people choose parenting situations in which the parents may not be married, living together, or in a romantic relationship with each other. Among the many creative ways people form families are: two or more people choosing to raise a child together; single parenting, single people raising children in a community, polyamorous family arrangements and many more.

POSSIBLE ROLES AND FAMILY CONSTELLATIONS FOR TRANS MEN

Gestational Carrier:	Carrying a pregnancy that is biologically connected to you (your eggs). This is done through home insemination, or assisted reproductive technologies and carried to term by you.
Gestational Carrier with Donor Egg:	A pregnancy without genetic connection to you (not your eggs). The pregnancy is established by transferring an embryo (fertilized egg) created by in vitro fertilization (IVF) from an egg donor into your uterus. The egg donor may be a friend, relative, or partner or anonymous donor. The egg donor may or may not be a co-parent – depending on the decisions made by all involved.
Gestational Surrogacy:	The embryo is created by an egg donor who is not the surrogate (person who carries the pregnancy). This process is carried out via in vitro fertilization (IVF). The resulting child is not genetically related to the surrogate.
Traditional Surrogacy:	A surrogate gets pregnant with their own egg via intravaginal insemination (IVI) or intracervical insemination (ICI) - both of which can often be done at home. Another option is intrauterine insemination (IUI), which can be done in a clinic with a midwife or obstetrician, or at home with a midwife. The surrogate is not an intended co-parent & traditionally does not have any parenting rights. Note: In the United States, gestational surrogacy is more common than traditional surrogacy as there are more legal protections for the intended parents.

* In this brochure we use the term trans men to include gender non-conforming (GNC), gender non-binary (GNB), gender-fluid, genderqueer, transmasculine, and masculine of center-identified people. We use this label as imperfect shorthand to refer to bodies that do not produce sperm and may or may not have ovaries and a uterus.



POSSIBLE ROLES AND FAMILY CONSTELLATIONS FOR TRANS MEN CONT'D

Adoption:	Forms of adoption include adopting from foster care, adoption within the U.S. through a private agency, and adopting from abroad through private organizations and international government entities. People living with HIV are not allowed to be denied the option of adoption. Single parents, trans people and PLWH may face stigma in their family building journey, depending on where you live. You may need to seek legal assistance and connect with local adoptive parent support groups.
Fertility Preservation:	You may choose to freeze your eggs. You can consult with a reproductive endocrinologist or sperm bank about the medical process and costs. Whether the person providing sperm is your partner, friend or a known donor, you may want to test, collect, wash and freeze the sperm you are using for conception as well.

SAFER CONCEPTION OPTIONS FOR TRANS MEN LIVING WITH HIV:

MINIMIZING HIV TRANSMISSION RISK AND OPTIMIZING HEALTH

Whether both intended parents are seroconcordant (both people are living with HIV) or serodifferent (one person is living with HIV and one is not), multiple safer conception options are possible. It is possible for trans men to have healthy conceptions and pregnancies even if you have been on gender-affirming hormone therapy.

An increasing number of fertility clinics offer assisted reproductive procedures to HIV-affected individuals, couples, and co-parents. All procedures require an undetectable HIV viral load. Many home-based options for safer conception (preventing HIV transmission) are also available to parenting partners and do not require the presence of medical practitioners during insemination.



GET YOUR IMMUNIZATIONS UP-TO-DATE

Vaccinations are important before pregnancy, especially if you have a chronic condition like Hepatitis C or HIV.



KNOW YOUR STATUS

Get tested and treated for sexually transmitted infections (STIs) before beginning any fertility treatments or conception process.

Many STIs can be present without symptoms. STIs such as syphilis, gonorrhea and chlamydia can be dangerous to you and the baby during pregnancy, and some can cause miscarriages or birth defects. It is important that you and your sexual partner(s) are screened and treated prior to pregnancy.

PLANNING A PREGNANCY WHILE LIVING WITH HIV

<p>Home Insemination:</p>	<p>If you want to conceive a child without penis-in-vagina sexual activity, with a sperm donor, or sperm from a co-parent who is HIV negative or who has an undetectable viral load, you can use a simple, inexpensive home insemination with no exposure to HIV. This method, sometimes called intravaginal insemination (IVI), involves injecting semen into the vagina using a syringe during your most fertile time—ovulation. Click here for a guide to home insemination.</p>
<p>Chestfeeding/Breastfeeding:</p>	<p>Even if you have had top/chest surgery, it may be possible for you to produce milk and feed your baby. A medical provider well versed in updated HIV research can help you make an informed decision that is best for you, your baby, and your family.</p> <p>Seek out prenatal care from a midwife, nurse practitioner, or OB/GYN who supports and understands your family, and your medical needs. Good prenatal care in combination with an undetectable viral load may reduce or eliminate the potential of HIV transmission from you to your child during pregnancy, birth, or chestfeeding. For more information on infant feeding options for PLWH check out this resource.</p>

IF THE PERSON PROVIDING SPERM IS LIVING WITH HIV

You may want a known sperm donor to be a biological part of creating a child or you may opt for an unknown donor from a sperm bank. The donor may or may not have a relationship with you and your child and may or may not be a legal parent. Check out the resources below for more information. If your co-parent or sperm donor is a person living with HIV, there are a few options to prevent HIV transmission.



TasP TREATMENT AS PREVENTION

With an undetectable viral load, it is nearly impossible to pass HIV. It is important to monitor viral load regularly.



PrEP PRE-EXPOSURE PROPHYLAXIS

If you are HIV negative and planning on becoming pregnant and carrying the baby, and the person providing sperm is living with HIV, you may use PrEP to greatly reduce the risk of acquiring HIV. PrEP is a once a day pill taken to prevent HIV. PrEP is over 90% effective if taken daily.



Sperm Washing

Sperm washing separates the sperm from seminal fluid (which contains HIV). Washed sperm can be inseminated via IUI or can be used to create embryos via IVF.



RESOURCES

ADDITIONAL FAMILY BUILDING RESOURCES

Many more informational brochures about HIV and family building, as well as blogs, articles, and video interviews with health care providers are available at www.hiveonline.org.

Birth for Every Body:	www.birthforeverybody.org
COLAGE Organization for People with LGBTQ Parents:	www.colage.org
Center of Excellence for Transgender Health:	www.transhealth.ucsf.edu
Growing Generations–HART Program:	www.growinggenerations.com/?s=HIV
MAIA Midwifery and Fertility Services:	www.maiamidwifery.com
Milk Junkies–Chest Feeding and Parenting from Trans Perspective:	www.milkjunkies.net
Our Family Coalition for SF Bay Area LGBTQ Parents and Families:	www.ourfamily.org
Society for Assisted Reproductive Technology (SART):	www.sart.org
Special Program of Assisted Reproduction (SPAR)–Bedford Clinic:	www.bedfordspar.org
SprOUT Family, Inc.:	www.SprOUTFamily.org
World Professional Association for Transgender Health (WPATH):	www.wpath.org

Legal protections for people living with HIV vary greatly depending on where you live. It is important to understand your rights and obligations in the family-building process. For updated information on legal risks, rights, and protections, consider seeking legal advice to understand the laws in your area.

AIDS Legal Referral Panel:	www.alrp.org
Equality California:	www.eqca.org
Lambda Legal:	www.lambdalegal.org
LGBT Bar/Family Law Institute:	www.lgbtbar.org/annual/program/family-law-institute/
National Center for Lesbian Rights:	www.nclrights.org
Transgender Law Center:	www.transgenderlawcenter.org

HAVE MORE QUESTIONS?

For more information contact us at contact@hiveonline.org.

