### HIV & PREGNANCY

Women living with HIV can have healthy HIV-negative babies.

Follow these suggestions to prevent passing HIV on to your baby.

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**HIV testing and pregnancy**

You are at risk of HIV infection if you have unprotected sex or share injecting equipment - even when pregnant.

It is recommended that you take an HIV test...

- **At your first antenatal appointment**
- **During your third trimester**
- **After delivery of your baby (in some settings)**

Your partner should also take an HIV test.

You can ask for an HIV test at any time, even if you said ‘no’ before.

**HIV-negative test result**

If you test HIV-negative it is important to stay negative.

If you have unprotected sex or share needles and syringes during your pregnancy, test again.

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**HIV-positive and pregnant**

If you test HIV-positive, you can still give birth to HIV-negative babies.

Seek advice about starting HIV treatment for your own health, and to protect your baby from HIV.

**Starting HIV treatment**

Guidelines recommend starting HIV treatment (antiretroviral treatment or ART) as soon as you are diagnosed and continue taking it for life. In some countries, you may be assessed to see if you need to continue treatment for life or not.

If you are already taking HIV treatment for your own health, keep taking it as instructed and get advice from a healthcare professional.

Visit a healthcare professional immediately if you are not taking HIV treatment.

You can begin taking HIV treatment at any point, even if you said ‘no’ before.

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**Why take HIV treatment?**

- Keeps you strong and healthy.
- Makes you less infectious.
- Can protect your baby from HIV infection.

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Read AVERT’s ‘HIV Testing’ fact sheet for more information.
Your baby should have an HIV test at:
- 4-6 weeks old (or earlier in some countries)
- 18 months old or when breastfeeding finishes.

If your baby tests HIV-positive
HIV treatment should be given to your baby as soon as possible.

Know your rights
You have the right to:
- request or refuse an HIV test
- consent or refuse to take HIV treatment
- refuse abortion or sterilisation.