



www.aidsmap.com

the basics

having a baby



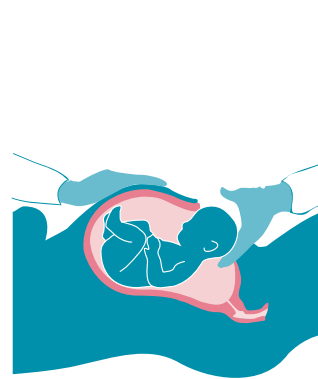
Lots of people with HIV have had babies without passing on the infection. To do so, you need some help from your doctor.

If you are a woman with HIV

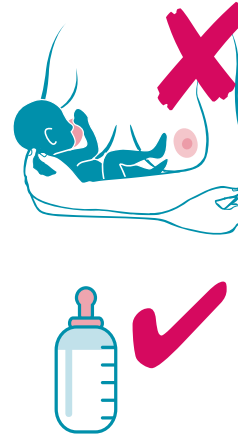
- Taking anti-HIV drugs during the pregnancy will protect the baby from HIV.



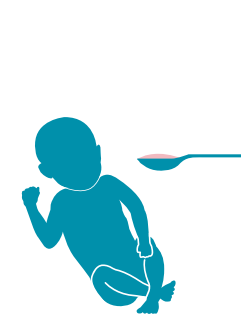
- **A Caesarean section is safest.** But it may be possible to have a vaginal delivery.



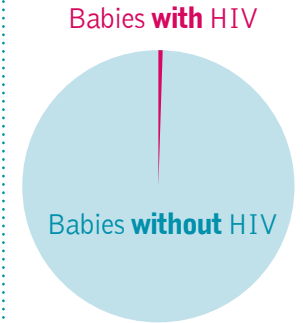
- You should **not breastfeed** your baby.



- For a few weeks after birth, the baby will need to take an anti-HIV drug.



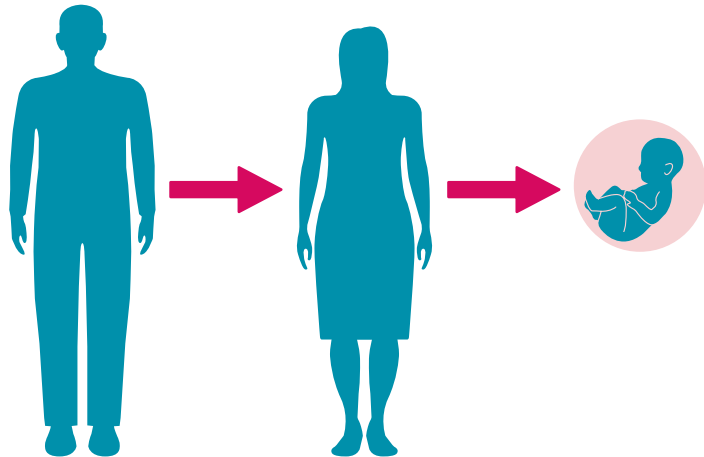
- When this advice is followed, fewer than one baby in 100 has HIV.



If you are a man with HIV

- Having unprotected sex with a woman who does not have HIV could give her HIV, and she could pass HIV on to the baby.

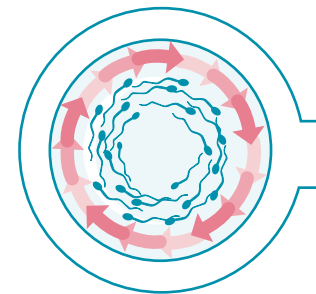
- If the mother does not have HIV, the baby won't have HIV. Also, HIV can't be passed directly from the father to the baby.



- You can talk to your doctor about how risky unprotected sex would be for you at the moment – it varies from person to person.



- **'Sperm washing'** is a process which removes HIV from sperm. It will allow your partner to get pregnant safely.



Important points

- In the UK, thousands of women with HIV have given birth to healthy babies. Medical help for HIV-positive mothers is widely available.
- Medical support for fathers is not as widely available, but does exist.
- If you are thinking about having a baby, it's worth talking to your doctor at an early stage.

Notes

Want to find out more?

For more information on this topic:

- read NAM's fact sheets 'Mother to baby transmission', 'Pregnancy and contraception', 'Sperm Washing' and 'Infectiousness'
- read Terrence Higgins Trust's 'Your Sexual Health – women's edition', or
- speak to an adviser at THT Direct (phone: 0845 12 21 200).

For more information about HIV, NAM provides free fact sheets, information booklets, e-mail bulletins, a monthly newsletter, a comprehensive website (aidsmap.com) and a website specifically for people living with HIV (namlife.org).

Contact us by calling 020 7840 0050 or by sending an e-mail to info@nam.org.uk

Has this resource been useful to you? Please let us know what you think by visiting www.aidsmap.com/feedback, by phoning us or by sending an e-mail. Your feedback helps us to improve the services we offer you.



NAM

Lincoln House
1 Brixton Road
London SW9 6DE

Phone: 020 7840 0050

Fax: 020 7735 5351

Website: www.aidsmap.com

E-mail: info@nam.org.uk

Thanks to the following organisations that have funded this leaflet.

NHS Pan-London HIV Prevention Programme and NHS South West Essex

Copyright ©NAM 2009.

If you need extra copies of this fact sheet, or would like to translate, adapt or reproduce it, please contact us.

Charity number 1011220