

## **Having a baby / NAM.**

### **Contributors**

National AIDS Manual (Organisation)

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# 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.



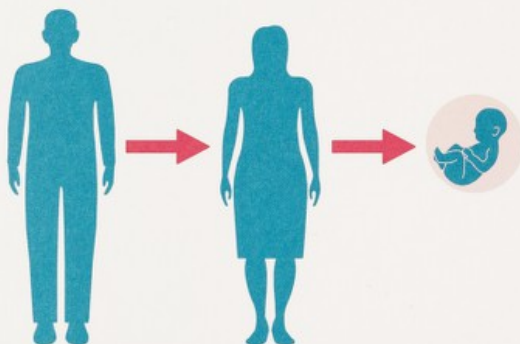
- When this advice is followed, fewer than one baby in 100 has HIV.



## 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.

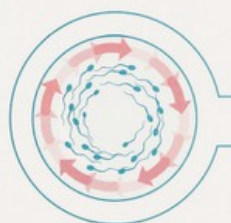
● If the mother does not have HIV, the baby won't have HIV. Also, HIV can't be passed directly from the father to the baby.



● 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

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## 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](http://aidsmap.com)**) and a website specifically for people living with HIV (**[namlife.org](http://namlife.org)**).

**Contact us** by calling 020 7840 0050 or by sending an e-mail to [info@nam.org.uk](mailto:info@nam.org.uk)

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

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