

The basics

Having a baby



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This leaflet can be viewed in large format as a PDF.
Call NAM on 020 7837 6988.



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Notes

Want to find out more?

For more information on this topic:

- read our 'Undetectable viral load' leaflet
- read our fact sheets 'Mother to baby transmission', 'Options for conception' and 'HIV treatment and sexual transmission'
- use our online 'HIV and pregnancy' tool, or
- speak to an adviser at THT Direct (phone: 0808 802 1221).

For more information about HIV

You can get free fact sheets, booklets and email bulletins from our website at www.aidsmap.com/resources. You can get answers to common questions at www.aidsmap.com/hiv-basics and find local services at www.aidsmap.com/e-atlas.

Contact us by calling 020 7837 6988 or by sending an email to info@nam.org.uk

Has this resource been useful to you?

Please let us know what you think by visiting our website at www.aidsmap.com/feedback, phoning us or sending an email to info@nam.org.uk. Your feedback helps us to improve the services we offer you.

You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

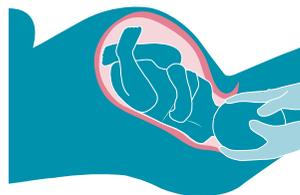
We recommend that you discuss the information in this leaflet with a doctor or other health worker.

If you are a woman with HIV

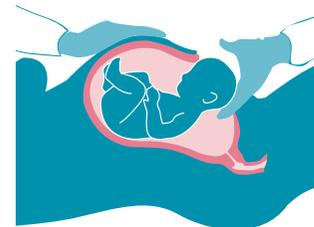
- Taking anti-HIV drugs during the pregnancy will protect the baby from HIV.



- If you have very little HIV in your body (an 'undetectable' viral load), you may be able to have a **vaginal delivery**.



- Otherwise, you may need to have a **Caesarean section**.



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

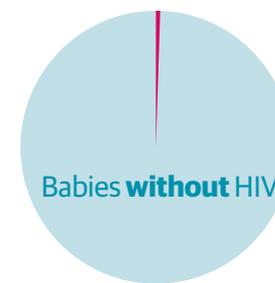


- For a few weeks after birth, the baby will need to take an anti-HIV drug.



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

Babies **with** HIV



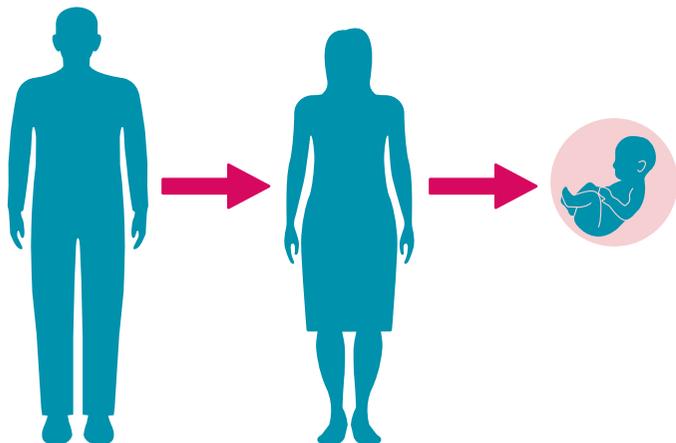
Babies **without** HIV

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 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.

- If you have very little HIV in your body (an 'undetectable' viral load), the risk of passing on HIV during sex without a condom may be very low. Ask your doctor for advice.



Important points

- In the UK, thousands of women with HIV have given birth to healthy babies.
- Anti-HIV drugs will protect your baby.
- If you are thinking about having a baby, it's worth talking to your doctor at an early stage.