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Thanks to all of the professionals and people with HIV who have helped us to develop this leaflet.

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The basics

Having a baby

For more information on this topic

- Read our 'Having a baby when you are living with HIV' page.
- Read our 'HIV & women' booklet.

For information in other languages

- Visit www.aidsmap.com/languages

Other titles in The basics series

- Side effects
- Health checks
- How treatment works

For more information about HIV

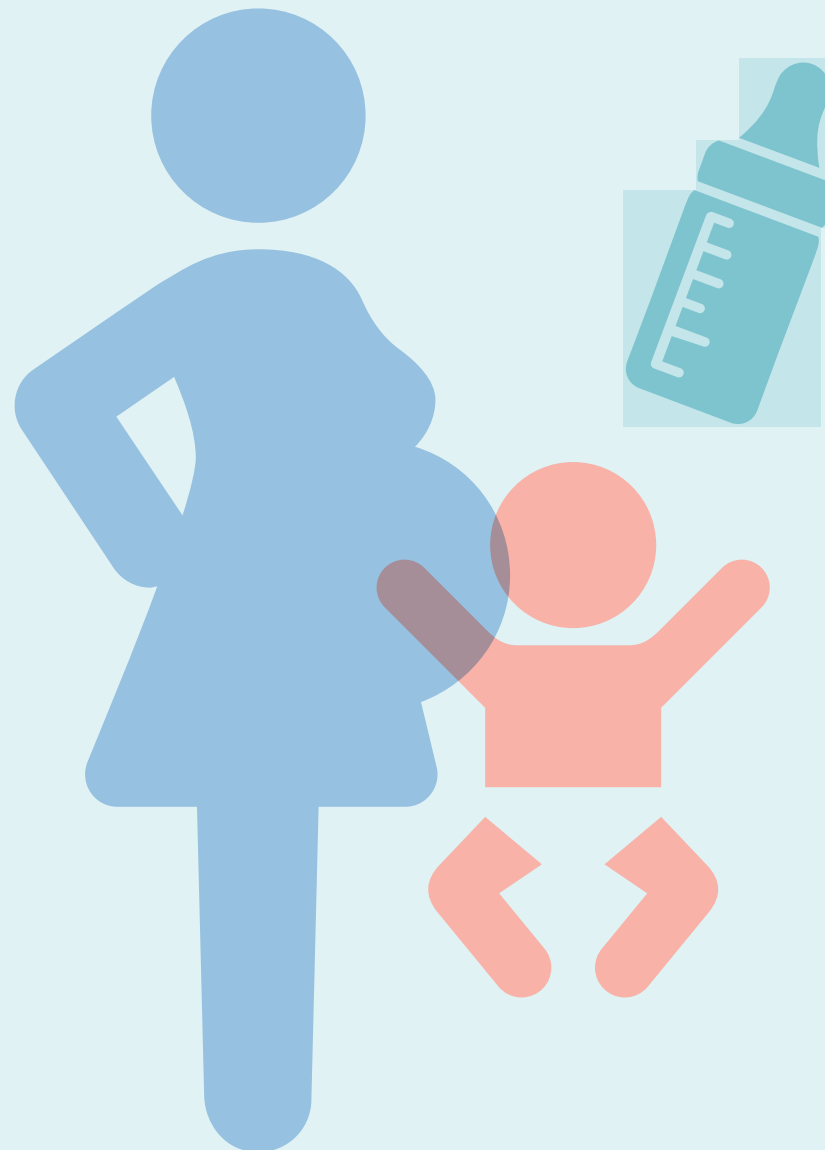
- Visit our website www.aidsmap.com
- Speak to an adviser at THT Direct **0808 802 1221**

Has this leaflet been useful to you?

Please let us know what you think. Your feedback helps us to improve the services we offer.

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



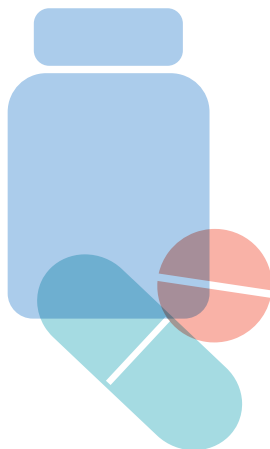
Lots of people with HIV have had babies without passing on the infection.

To protect your baby you need some help from your doctor.



If you are a woman with HIV

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



Most women are able to have a vaginal delivery.



The safest way to feed your baby is to bottle-feed with formula milk. You may be able to breastfeed but it is not as safe as bottle-feeding with formula milk.

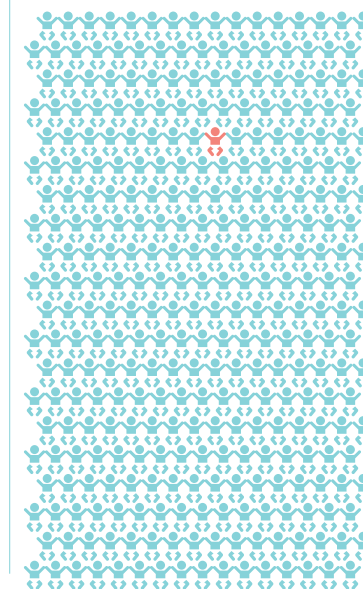
Ask your medical team for advice.



For a few weeks after being born, your baby will need to take an anti-HIV drug.



When this advice is followed, less than **one** in **300** babies has HIV.



If you are a man with HIV

If you have had an undetectable viral load (very little HIV in your blood) for at least six months, and you continue to take your treatment as prescribed, you will not pass HIV on during sex.

In these circumstances, you can safely have sex without using a condom.



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.

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.

Notes

The safest way for a mother with HIV in the UK to feed her baby is to bottle-feed with formula milk.

You may be able to breastfeed but it is not as safe as bottle-feeding with formula milk. Make sure:

- you are taking HIV treatment and have an undetectable viral load;

- both you and your baby are free from stomach problems (diarrhoea or vomiting); and
- you do not have any injury or infection in your breasts (cracked nipples, bleeding nipples, mastitis, thrush or another infection).

If you want to breastfeed, ask your medical team for advice.