

HIV status and pregnancy - Pregnancy, part 2

If you are planning to have a baby, the best thing you and your partner can do is for both of you to get an HIV test before you become pregnant. Then you will know your HIV status.

Mother HIV negative and Father HIV negative

If both the mother and father are HIV negative then there is no risk of passing HIV to each other or the baby. This is only true as long as both partners remain HIV negative throughout pregnancy.



Mother HIV positive and Father HIV negative

If the mother has HIV and the father does not, there are ways to get pregnant and still protect the father and the baby. This includes the father taking pre-exposure prophylaxis or PrEP medicine. PrEP helps people at high risk from getting infected with HIV. The mother can take medicines to treat HIV called ART or antiretroviral therapy, which greatly reduces her risk of spreading HIV to either the father or the baby.

Mother HIV negative and Father HIV positive



The risk of the mother getting HIV from the infected father while trying to get pregnant can be reduced but there is still some risk. PrEP medicine can help lower this risk. The father can take medicines to treat HIV, called ART or antiretroviral therapy, which greatly reduces the chance that he will spread HIV to the mother. The couple may also want to consider other ways of getting pregnant such as donor sperm or in-vitro fertilization. However, these options can be expensive.

Mother HIV positive and Father HIV positive

If both the mother and father are HIV positive then it is especially important to talk with a healthcare provider before becoming pregnant. That way, both partners can really understand the serious risks involved and make wise decisions about a pregnancy.

Be sure to get answers to any questions you have about HIV/AIDS. Your public health department, health care provider, and public library can help.



Text is from HIV/AIDS sources from the Department of Health and Human Services and adapted by HealthReach and Healthy Roads Media. This project has been funded in whole or in part with Federal funds by the National Library of Medicine award number HHSN2762015000111 awarded to the Center for Public Service Communications. Images from iStock.com.

Creation Date: March 2017