

Preconception care information is available at these sites online:

Preconception health websites

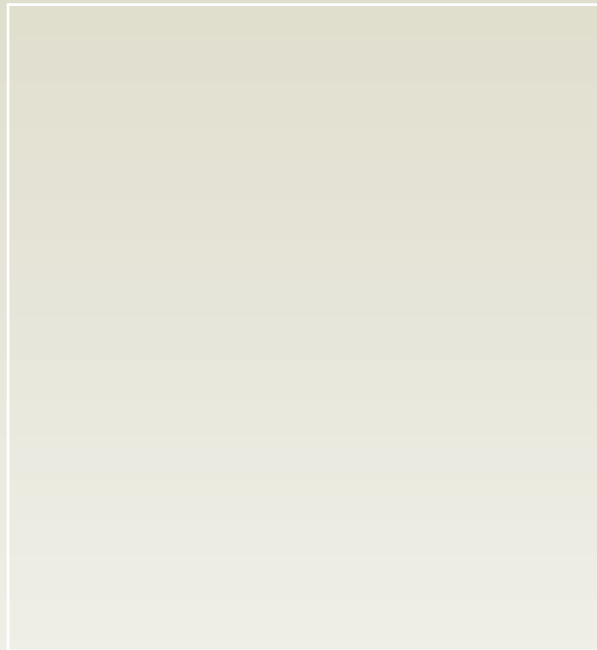
Centers for Disease Control and Prevention. Pregnancy http://www.cdc.gov/ncbddd/pregnancy_gateway/index.html

March of Dimes: Getting ready for Pregnancy. <http://www.marchofdimes.com/Pregnancy/getready.html>



Local resources for preconception health

Ask your provider about preconception health specialists or call:



SCHOOL OF NURSING
University of Medicine & Dentistry of New Jersey



65 Bergen Street - 8th Floor, Newark, NJ 07101
www.FXBcenter.org

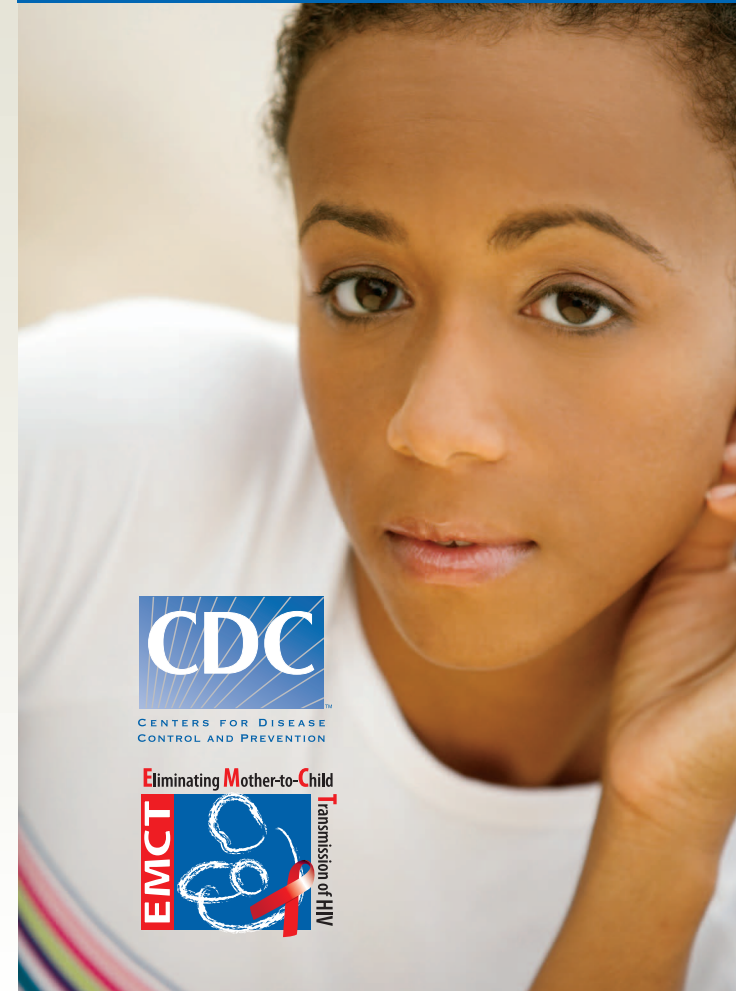
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François-Xavier Bagnoud Center
School of Nursing, University of Medicine & Dentistry of New Jersey

Are you HIV-positive and thinking about having a baby?

A Guide to Preconception Health for Women Living with HIV





What is preconception health?

Preconception health means planning a pregnancy to make sure you are as healthy and prepared as possible before you are pregnant.

Why is it important?

- Taking care of your health before you are pregnant is important for your health and the health of your baby.

Will pregnancy make HIV worse?

- **No.** With special care and medicines, women with HIV can manage their HIV and have healthy pregnancies.

Will my baby have HIV?

- The risk of passing HIV to your baby is very low as long as you are getting the prenatal and HIV care you need and are taking your medications as prescribed.

Should I talk with my HIV provider before I become pregnant?

- **Yes!** Tell your healthcare provider that you are thinking about having a baby. Your provider will help you prepare for a healthy and safe pregnancy.

Your provider will:

- Review and recommend the best HIV medicines for you.
- Check you and your partner for infections.
- Prescribe a multivitamin with folic acid to prevent birth defects.
- Make sure your immunizations are up to date.

- Discuss the safest way for you to become pregnant.
- Refer you to a specialist in HIV and pregnancy. If needed, your provider can call the **National Perinatal HIV Consultation and Referral Service (1-888-448-8765)** for free advice and referral information.

What should I do during my pregnancy?

- **Start prenatal care as soon as you know you are pregnant.** Women who get prenatal care early have healthier babies.
- **Take your medications every day,** exactly as prescribed.
- Go to **all** of your healthcare appointments.
- Ask for help, if needed, to **stop smoking** or to **stop using drugs or alcohol.**
- **Eat a healthy diet.** Ask to see a nutritionist if you are unsure about what to eat.
- **Use condoms** when you have sex to protect you, your partner and your baby from exposure to HIV and other infections. Pregnancy can increase the risk of passing HIV to others.
- **Do not take any medications** – even over the counter medications – unless your health provider says it's OK.
- **Do not breastfeed your baby.** HIV can be passed to the baby through breast milk.