



## Quick Facts for PREGNANT WOMEN with HIV



### **PREGNANT WOMEN WITH HIV** **Answers to some questions women ask**

#### **Will my baby get HIV?**

Your baby has a better chance of not getting HIV if you start or continue taking HIV drugs while you are pregnant.

There is a one in four chance your baby will get HIV if you do not take HIV drugs.

#### **When can my baby get HIV?**

- While you are pregnant
- OR**
- When you deliver your baby
- OR**
- From your breast milk

Do not breast feed.

#### **What can I do now?**

- You can take special drugs for HIV
- You can say “no” to the special drugs for HIV
- You can decide to have an abortion – talk to your doctor

#### **Will pregnancy make my HIV worse?**

No.

#### **Do I need special care during my pregnancy?**

Yes – you need to see your doctor more often.

#### **Will I have to pay for the HIV drugs?**

No.

#### **Can the HIV drugs hurt my baby?**

HIV drugs rarely hurt the baby.

### **Do you still have questions?** **You can talk to your doctor or call:**

**STD/HIV Information Line** .....1-800-772-2437  
Speak directly to a nurse during business hours Monday to Friday.

**HIV (and Pregnancy) Help Line** .....1-888-246-5840

**Health Link Alberta** .....1-866-408-LINK (5465)

**Living Positive (Edmonton)** .....(780) 488-5768  
Talk to someone who has HIV. Call collect if outside Edmonton.

**Southern Alberta HIV Clinic** .....(403) 234-2399

**Northern Alberta HIV Clinic** .....(780) 735-5340  
or (780) 407-8372



### **How will I take the HIV drugs?**

- By mouth when you are pregnant, usually after about 14 weeks of pregnancy
- By needle in your arm during labour
- By syrup for babies

### **What if I am already taking special drugs for HIV?**

You should discuss this with your HIV doctor.

### **When will I know if my baby has HIV?**

You may need to wait 12-18 months to know for sure.

### **Do babies with HIV look normal?**

Yes.

### **What will happen if my baby has HIV?**

Most babies with HIV do not get sick in the first year.

Some babies with HIV may not get sick for several years:

- They can go to day care or school
- They can play with other children

Babies who do get sick:

- May not grow normally
- May not eat well
- May have fevers

It is very important that your baby gets care from a doctor.

Drugs can be given to prevent and treat illness.

### **Who has to know that I have HIV?**

- Your doctor
- The public health doctor in your health region
- The public health doctor at Alberta Health and Wellness

### **Who else needs an HIV test?**

- Your other children
- Anyone you had sex with
- Anyone you shared needles (or rigs or cookers) with

### **Who tells these people they need an HIV test?**

- You can tell them  
**OR**
- Your doctor or a public health worker can tell them – they will not use your name

### **What about sex?**

Always use a condom.

**Smoking, alcohol and street drugs are bad for you and your baby's health.**

### **Community HIV/AIDS and Harm Reduction/Needle Exchange Organizations:**

**AIDS Bow Valley (Banff) .....(403) 762-0690**

**AIDS Calgary .....(403) 508-2500**

**Central Alberta AIDS Network (Red Deer) .....(403) 346-8858  
or 1-877-346-8858 (toll free)**

**HIV/AIDS Network of South Eastern Alberta ....(403) 527-7099  
(Medicine Hat)**

**HIV West Yellowhead (formerly AIDS Jasper) .....(780) 852-5274**

**HIV Edmonton .....(780) 488-5742**

**HIV North Society (Grande Prairie) .....(780) 538-3388**

**Kimamow Atoskanow Foundation .....(780) 913-9036**

**Lethbridge HIV Connection.....(403) 328-8186**

**Living Positive .....(780) 488-5768**

**Safeworks (Calgary).....(403) 699-8216 am  
(403) 410-1180 pm**

**Streetworks (Edmonton) .....(780) 424-4106, ext. 210**

**Wood Buffalo HIV & AIDS Society .....(780) 743-9200  
(Fort McMurray)**