

# PRECONCEPTION COUNSELING AND CARE ALGORITHM

## For persons living with HIV

Use this tool to guide discussion of reproductive health plans of people living with HIV

### HIV-SPECIFIC COUNSELING

#### Discuss:

- Role of ART** and maintaining a durably controlled viral load in:
  - Optimizing health**
  - Preventing sexual and perinatal HIV transmission.**
- Disclosure of HIV status**
- Partner's HIV status and HIV treatment (ART) or prevention options** (including condoms, PrEP, nPEP)

### GENERAL HEALTH COUNSELING

#### Provide:

- Screening and treatment of both partners for STIs
- Treatment and management of other acute or chronic conditions
- Screening, referrals, and resources for mental health and for substance or alcohol use
- Screening, referrals, and resources for intimate partner violence
- Recommended immunizations

#### Discuss as needed:

- Achieving and maintaining a health activity level, weight, and diet
- Stopping smoking and avoiding second-hand smoke
- Taking multivitamins with 400 mcg of folic acid daily (for women of reproductive potential)

### COUNSELING RELATED TO REPRODUCTIVE PLANNING

**Review:** Reproductive intentions and planning.

**Ask:** Are you thinking about becoming pregnant (or having a child) in the next year?

#### YES

*Patient desires a child*

#### Discuss:

- Safer conception options** for serodifferent couples
- Safer-sex** during pregnancy  
[SaferConceptionCounselingChecklist](#)
- Avoidance of **alcohol use** during pregnancy
- Reproductive **options for same sex couples**

#### Provide:

- Review of **prescription and over-the-counter medications for safety in pregnancy**
- Screening for STIs**

#### MAYBE

*Patient is unsure*

#### Discuss:

- Male/female **contraceptive options**
- Discuss topics listed under "Yes" in the green box, as appropriate.

- For the most recent guidelines on preconception care, safer conception, prevention of perinatal HIV transmission, and the use of antiretroviral drugs in pregnant women, see: <https://aidsinfo.nih.gov/guidelines/html/3/perinatal-guidelines/0>
- To access CDC's Compendium of Guidelines for HIV Reproductive Health and Preconception Care, see: [\(placeholder for url\)](#)
- To access provider counseling tools and patient education materials related to preconception care, safer conception, and prevention of perinatal HIV transmission, see: [\(placeholder for url\)](#)
- To access general preconception care resources and training materials for professionals, see: <https://beforeandbeyond.org/>

#### NO

*Patient wishes to prevent or delay having children*

#### Discuss:

- Male/female **contraceptive options**
- Discuss topics listed under "Yes" in the green box, as appropriate.