

If you are living with HIV or have a partner who is, having all the information will help you plan for the future.

# Steps to Parenthood

## Talk to your provider

### You and your provider can talk about:

- Your desire to have children
- When you would like to start a family (such as within 6 months or in a year)
- How to prevent pregnancy until you are ready
- How to reduce the risk of HIV transmission to your baby and to a negative partner
- How to stay healthy or improve your health, including achieving an undetectable viral load, if HIV positive
- Any health conditions (such as diabetes or obesity) or health concerns (such as smoking)
- Disclosing your HIV status to your partner, if applicable

## Discuss your options to build a healthy family.

### There are options for becoming a parent that reduce the chance of transmission of HIV to a negative partner.

When thinking about your options, remember that:

- It is important to discuss the risks and benefits of each option with your provider
- Having an **undetectable viral load** is the key to preventing HIV transmission to partners or to infants
- Encourage your partner to know his or her HIV status
- There are ways for negative partners to help prevent HIV infection, including using **pre-exposure prophylaxis (PrEP)** <https://www.aids.gov/hiv-aids-basics/prevention/reduce-your-risk/pre-exposure-prophylaxis/>

- Support is available to discuss these options with your partner
- Safer conception techniques
  - Timed condomless sex
  - Home self-insemination (sometimes called the turkey baster method)

Other methods are performed by a healthcare provider. They are called assisted reproductive technologies. Examples include:

- Sperm washing where sperm is separated from semen which contains HIV
- In vitro fertilization (IVF)
- Adoption/sperm donation/surrogacy

# Take care of your health



## There are steps you can take now before becoming a parent.

- If you are living with HIV, talk to your provider about all the ways taking HIV medicines can help you.
- Find out whether you or your partner has an STD
- Take a multivitamin that contains folic acid (folate) daily (recommended for women who may become pregnant)
- Avoid smoking (your partner should avoid smoking too)
- Ask your provider if you are due for any immunizations.

Are you thinking  
about becoming  
a parent?

NO

If you are living with HIV or have a partner who is, having all the information will help you plan for the future.

## Steps to Prevent Pregnancy

### Talk to your provider

You and your provider can talk about:

- Your decision not to have children right now
- All the options available to prevent pregnancy
- Any health conditions (such as diabetes or obesity) or health concerns (such as smoking)
- Disclosing your HIV status to your partner, if applicable

## Choose a birth control method(s)

### When thinking about birth control consider:

- What options will work best for you
- What problems could you come across
- Whether the method offers protection from STDs
- How your partner will feel about the method you've chosen
- What you will do if you or your partner becomes pregnant unintentionally

## Take care of your health



## Ways to stay healthy:

- If you are living with HIV, taking your HIV medicine is vital for your health and will help protect HIV-negative partners
  - Using condoms will help prevent pregnancy, STDs and HIV transmission
  - Encourage your partner to get tested for HIV and STDs
  - Encourage negative partners to talk to their providers about ways to prevent HIV, including using pre-exposure prophylaxis (PrEP)
- <https://www.aids.gov/hiv-aids-basics/prevention/reduce-your-risk/pre-exposure-prophylaxis/>

Are you thinking  
about becoming  
a parent?

YES