

## HIV and women - having children

In Australia, the human immunodeficiency virus (HIV) is most commonly spread through unprotected anal or vaginal intercourse with an infected person. Women who are HIV-positive or who have an HIV-positive male partner may still consider pregnancy, adoption and other ways to have children.

HIV can pass from mother to baby during pregnancy, birth or breastfeeding. Women who are HIV-positive should seek medical advice before they become pregnant, as medical support can reduce the risk of an HIV-positive woman passing HIV to her unborn children. If the woman's male partner is HIV-positive, in vitro fertilisation (IVF) may be an option.

Options such as foster care, permanent care and adoption may also be worth exploring. It is important to be aware that the application process involved with permanent care and adoption may be intrusive and offers no guarantee of receiving a child. Getting approval for permanent care or adoption of children does require potential parents to have good health and a reasonable chance of staying healthy until the child is old enough to be socially and emotionally independent.

### How HIV is spread

It is important to think about how HIV is spread if you are considering a pregnancy. HIV is found in blood, semen (cum), pre-ejaculate (pre-cum), vaginal fluids and breastmilk. The virus can pass directly across the lining of the vagina or rectum during sex. It can also enter the bloodstream directly if contaminated injecting equipment is used. HIV can also pass from mother to baby during pregnancy, birth or breastfeeding.

### HIV and planning a family

A number of HIV-positive women in Australia have given birth to healthy infants. Deciding to have a baby is a big decision for anyone, but for a woman who is HIV-positive or who has a male partner with HIV, the decision is more complicated.

If you are in this situation, you should try to find out as much as you can before you become pregnant. It may help to talk the issues through with:

- A counsellor who specialises in this area
- Other women who have been in this situation
- The doctor who is treating you.

### HIV and pregnancy

Around 14,800 people are living with HIV infection in Australia, including about 2,000 women. In some cases, one partner is HIV-positive and the other is not. This is sometimes referred to as 'serodiscordance'. Relationship issues such as sex and having children are complicated for serodiscordant couples and counselling may be helpful.

### HIV-positive women and conception

Many HIV-positive women who want to become pregnant to their HIV-negative male partners choose to use artificial insemination at home using their partner's semen rather than risk unprotected sex.

You can improve the odds of pregnancy by artificially inseminating at the most fertile time of your menstrual cycle. Your doctor can advise you on the various methods of insemination and on how to estimate the time of ovulation. Ovulation detection kits are available from your local pharmacist and they may help to predict ovulation.

## **HIV-positive men and conception**

If a woman's male partner is HIV-positive, she risks infection if they have unprotected sexual intercourse.

IVF can achieve pregnancy with a low risk of HIV transmission. The partner's sperm is washed to remove infected fluid and cells. A number of the woman's eggs (ova) are surgically removed and a single sperm from her partner injected into each. The fertilised eggs are then implanted into the woman's prepared uterus.

## **Pregnancy issues for women with HIV**

There is no evidence that pregnancy will change the course of HIV progression for HIV-positive women. There is also no evidence to suggest that babies born to HIV-positive mothers are more likely to have birth abnormalities.

Without treatment, up to 35 per cent of babies born to HIV-positive women will contract the virus. With medical support, the transmission rate from mother to child can be less than two per cent.

Ways to reduce the risk of transmission include:

- Taking antiretroviral medications before conception to reduce the woman's viral load (the amount of virus in the fluids of her body) as much as possible (the lower the viral load, the lower the risk of transmission)
- Taking antiretroviral medications throughout pregnancy and during labour and delivery
- Having a caesarean section rather than vaginal delivery
- Avoiding invasive obstetric procedures where possible
- Giving antiretroviral medications to the newborn for around six weeks after birth
- Bottle-feeding the baby with formula, rather than breastfeeding.

Talk to your doctor about your treatment. It is important to note that not all antiretroviral medications should be used during pregnancy.

## **Tell your doctor about your HIV status**

It is important to tell your doctor or midwife about your HIV status. This helps your health professional to offer you appropriate treatment and allows them to take steps to minimise the risk of accidental transmission during any medical procedures.

## **HIV after a pregnancy**

All babies born to HIV-positive mothers will be regularly tested for HIV, usually until the infant is 18 months old. Testing of the baby may involve a combination of antibody and DNA tests. It is important that babies exposed to antiretroviral medication continue to be monitored.

## **Managing illness as a parent**

HIV can lead to chronic illness at some time in the future. As with any longer-term illness, this can impact on a person's ability to earn an income, manage a household or raise children. Any kind of chronic illness of one partner can be a source of stress in a relationship and sometimes families may need extra support.

## **Where to get help**

- Your doctor
- Your community health clinic

- Melbourne Sexual Health Centre Tel. (03) 9341 6200 or 1800 032 017 (toll free from outside of Melbourne only) or TTY (for the hearing impaired) (03) 9347 8619
- Victorian AIDS Council/Gay Men's Health Centre Tel. (03) 9865 6700 or 1800 134 840
- Victorian HIV/AIDS Service, Alfred Health Tel. (03) 9076 6076
- HIV and Sexual Health Connect Line Tel. 1800 038 125 or TTY: 1800 555 677
- The Centre Clinic, St Kilda Tel. (03) 9525 5866
- Family Planning Victoria Tel. (03) 9257 0100
- CBD Action Centre (for people under 25) Tel. (03) 9660 4700 or 1800 013 952
- Sexual Health Clinic Ballarat Tel. (03) 5338 4500
- HIV and Sexual Health Connect Line Tel. 1800 038 125
- People Living Centre Tel. (03) 9863 0444 or 1800 622 795 (for country callers)
- Positive Women Victoria Tel. (03) 9863 8747
- Straight Arrows Tel. (03) 9863 9414
- Multicultural Health and Support Service Tel. (03) 342 9700
- Communicable Disease Prevention and Control Unit, Department of Health, Victorian Government Tel. 1300 651 160
- Department of Human Services, Victorian Government – for information on foster care, permanent care and adoption Tel. 1300 650 172

## Things to remember

- HIV can pass from mother to baby during pregnancy or birth or via breastmilk.
- With medical support, the HIV transmission rate from infected mother to unborn child can be less than two per cent.
- If the woman's partner is HIV-positive, IVF may be an option.
- Options such as foster care, permanent care and adoption may also be worth exploring.

**This page has been produced in consultation with, and approved by:**

Education + Resource Centre at the Alfred

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