



Pregnant and HIV+
Health
for you and your child

Health for you & your child

All pregnant women (regardless of HIV-status) can foster their own and their child's health themselves.

- Protect yourself against **sexually transmitted diseases**, e.g. syphilis, gonorrhea, hepatitis, etc. :
 - have yourself (and your partner/sexual partner) tested for sexually transmitted diseases
 - use condoms in sexual intercourse
 - avoid exposure to blood
- **Exercise** is good for you and your child! Go for walks, do gymnastics
- Your **diet** should be as healthy as possible and well-balanced! That is important for you and for your child's development.
- **Alcohol, tobacco and drugs** will harm your child! Abstain from consuming them for your child's sake.
- Discuss with your doctors all the **medications** (even OTC medicine) you take.
- Seek **advice** and ask all the questions you might have.
 - You are not alone with your pregnancy. Visit e.g. www.familienberatung.gv.at to find general information on the topics pregnancy and children or contact details of counselling centers in Austria.
- After your pregnancy, you will **not have to cope with your situation all by yourself** either!
 - Many women feel unable to cope with their situation after their baby's birth, sometimes a short depressive period may occur. Talk about it with your doctors. Emotions like that are not unusual and do not really say anything about your being a competent mother and about your long-term relationship to your child!





For an HIV-positive woman advice is particularly IMPORTANT!

- Thanks to the HIV therapy, the risk that your child will be infected by the virus is below 1%! Use all the possibilities you have for protecting your child.
- Inform your partner/your child's father about your HIV infection. You might bring him along when you consult your HIV doctors so that he is also informed about his child's health.
- It is essential that you also take good care of your own health for your child's sake.
- After your pregnancy you should continue to take your HIV medication regularly and you should keep your follow-up appointments.
- Use counselling offers whenever your personal situation in life becomes burdensome to you. Ask your HIV doctors for support (e.g. psychological, social, legal support etc.) or contact your local AIDS-Hilfe center.

The most important issue during Your pregnancy: Your HIV therapy

An effective HIV therapy will reduce the number of HI viruses in your body to a minimum so that your child is not exposed to any HI viruses during your pregnancy and there is no infection risk for your child.

If you have not taken HIV medication yet ...

you should immediately contact a counselling center.

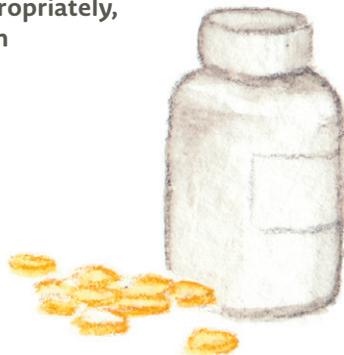
If you have already started an HIV therapy ...

it is essential that you take your medication during your pregnancy as well. Talk to your HIV doctors as soon as possible whether you take the appropriate HIV therapy with regard to your pregnancy. It might be advisable to change your therapy.

All scientific evidence shows that, when chosen appropriately, the HIV therapy protects the unborn baby against an HIV infection without doing any harm.

IMPORTANT:

Take your HIV therapy regularly and follow all instructions carefully!



An important moment:

The delivery

Your HIV infection is no reason for a cesarean section here in Austria!

You can experience a natural vaginal delivery – provided your HIV therapy is really effective and your virus load remained below the limit of detection.

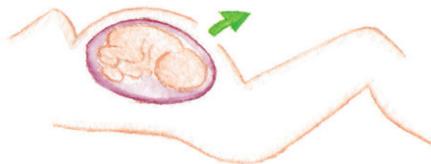
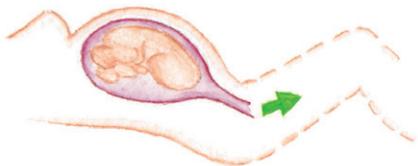
In addition to that, you might be administered another HIV drug immediately before delivery. All this will, however, be adjusted to your particular personal situation.

IMPORTANT:



The only thing that matters is to make the best of it for you and your baby!

- > Depending on your own individual situation, a cesarean section might be recommended to you, e.g. if the position or presentation of your baby is disadvantageous, if preterm delivery is pending or complications occur.
- > Discuss any possible risks like those mentioned above with your gynecologist.



What is important after your baby's birth:

HIV medication for your baby

Your baby might still have been exposed to HI viruses during delivery.

To ensure that those viruses cannot multiply, your newborn baby will receive HIV medication for 2 to 4 weeks after his/her birth.

Of course, the quantity will be much lower than that of your own therapy.

This medication will be individually adapted to your baby's needs and will for instance also depend upon your own HIV therapy and your virus load.

This short treatment will protect your child against possible infection without putting your child's development and health at an unnecessarily high risk.

IMPORTANT:

This medication has to be administered to your baby regularly and carefully!

Try to administer the medication as naturally as you feed your baby or for instance change the diapers.



Important for Your child:

HIV test & follow-up checks

In order to exclude an HIV infection of your child, several HIV tests will be performed:

A) About 1 month and again about 3 months after delivery, a so-called PCR will be performed to test your child.

With this test, virus components in the blood can be measured.

If the first PCR is HIV-negative, this result is correct with about 96%. If the second PCR is negative as well, an HIV infection of your child can be excluded with almost 100%.

B) When your child is about 20 months old, an HIV antibody test will be performed. A HIV-negative result can finally rule out an infection with a probability of 100%. This test is not feasible at an earlier point of time as during pregnancy antibodies of yours have been passed on to your child. (In your baby's blood, there are many of your antibodies in order to protect him/her e.g. against rubella). **But don't be afraid, this does not mean that your child is HIV-positive!**

This means that in an antibody test only antibodies passed on by you as a mother would be detected. It takes about 20 months until your child's body has eliminated those antibodies.

IMPORTANT:

- > Of course your child will be examined continuously in order to ensure that he/she is well. Don't miss any of the follow-up appointments (see mother and child pass).
- > Inform your pediatrician about your HIV infection and also tell him/her who your HIV doctors are or vice versa respectively. Then all your doctors will be able to cooperate for your child's well-being.



Important for your child:

Refrain from breastfeeding

Breast milk contains HI viruses as well. Therefore it is important that you do not breastfeed your baby to protect him/her against exposure to viruses. In addition to that, your breast milk also contains components of your own HIV therapy. Your child should not be exposed to these medications over a longer period of time. So that is why it is important that you do not breastfeed your baby.

In Austria, excellent alternatives to breast milk are available in order to provide healthy nutrition for your baby!

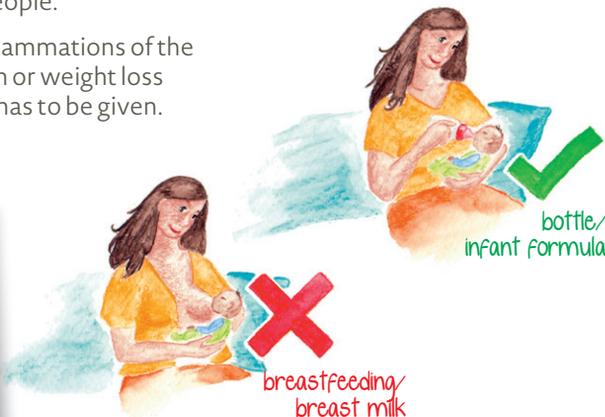
In case acquaintances or friends ask you why you do not breastfeed your baby, you need not tell them anything about your HIV infection if you don't want to. Many women do not breastfeed their babies. Ask your doctors for some typical reason which you can tell people.

Typical reasons are for instance inflammations of the nipples, insufficient milk production or weight loss of the baby so that additional food has to be given.

IMPORTANT:

Inform your doctors, midwives, advisors and confidants about your infection.

Only then will they be able to support you in a way that is appropriate for you.



Last but not least,
some additional important information

Contraception & Austrian mother and child pass



Contraception

Discuss with your gynecologist what kind of contraception you might want to use after this pregnancy.

There are various possibilities:
Discuss which method is the most appropriate one for you personally.

IMPORTANT:

Discuss the topic contraception with your HIV doctors as well!

Fact is that not all contraceptives can be taken together HIV therapies. Some combinations might lead to interactions between HIV therapy and contraceptive.

It is therefore important for your health to discuss your method of contraception with your HIV specialists as well!



Austrian mother and child pass

Since 2010 an HIV test has been included in the mother and child pass in Austria.

This means there will be an entry in your mother and child pass whether an HIV test has been performed in your case or not. All women have to have this HIV test performed during their pregnancy.

IMPORTANT:

There must NOT be any entry on your HIV status in your mother and child pass!

If there is such an entry, talk to your doctors what you could do against it.



Contact data of centers in Austria

HIV treatment centers

W	AKH Wien, HIV-Ambulanz Währinger Gürtel 18–20, 1090 Wien	01/40400–4240	www.akhwien.at
	SMZ Baumgartner Höhe Otto Wagner Spital, II. Interne Lungenabteilung Sanatoriumstraße 2, 1140 Wien	01/910 60–42126	www.wienkav.at/kav/ows
	Sozialmedizinisches Zentrum Süd /Kaiser Franz Josef Spital, 4. Med. Abt. mit Infektions- und Tropenmedizin Kundratstraße 3, 1100 Wien	01/601 91–2407	www.wienkav.at/kav/kfj
	Krankenhaus Hietzing, Abt. für Dermatologie, HIV-Ambulanz Wolkersbergenstraße 1, 1130 Wien	01/801 102 435	www.wienkav.at/kav/khr
OÖ	AKH Linz, Abt. für Dermatologie, HIV-Ambulanz Krankenhausstraße 9, 4021 Linz	0732/7806–3730	www.linz.at/akh
	Klinikum Wels-Grieskirchen, Abt. für med. Mikrobiologie und Hygiene Grieskirchner Straße 42, 4600 Wels	07242/415–2777	www.klinikum-wegr.at
S	Landeskrankenanstalten Salzburg, Dermatologische Abt. Müllner Hauptstraße 48, 5020 Salzburg	0662/4482–3023	www.salk.at
ST	LKH Graz-West, Abt. für Innere Medizin, Department für Gastroenterologie mit Infektiologie Göstinger Straße 22, 8020 Graz	0316/5466–0	www.lkh-grazwest.at
K	LKH Klagenfurt, I. Medizinische Abt. Feschnigstraße 11, 9020 Klagenfurt	0463/538–0	www.klinikum-klagenfurt.at
T	Universitätsklinik für Dermatologie, V. Medizinische Abt. Anichstraße 35, 6020 Innsbruck	0512/504–24847	www2.i-med.ac.at/dermatologie
V	LKH Feldkirch, Interne Abt. Carinagasse 47, 6807 Feldkirch	05522/303–2600	www.lkhf.at/feldkirch

Recommended websites:

www.aidshilfen.at

www.pulshiv.at

AIDS help centers

W	Aids Hilfe Wien Mariahilfer Gürtel 4, 1060 Wien	01/599 37, office@aidshilfe-wien.at	www.aids.at
Ö	AIDSHILFE Oberösterreich Blütenstr. 15/2, Lentia City, 4040 Linz	0732/2170, office@aidshilfe-ooe.at	www.aidshilfe-ooe.at
S	Aidshilfe Salzburg Linzer Bundesstr. 10, 5020 Salzburg	0662/88 14 88, salzburg@aidshilfen.at	www.aidshilfe-salzburg.at
ST	AIDS-Hilfe Steiermark Schmiedgasse 38, 8010 Graz	0316/815050, steirische@aidshilfe.at	www.aids-hilfe.at
K	aidshilfe Kärnten Bahnhofstraße 22, 9020 Klagenfurt	0463/55 128, kaernten@hiv.at	www.hiv.at
T	AIDS-Hilfe Tirol Kaiser-Josef-Str. 13, 6020 Innsbruck	0512/56 36 21, tirol@aidshilfen.at	www.aidshilfe-tirol.at
V	AIDS-Hilfe Vorarlberg Kaspar-Hagen-Str. 5, 6900 Bregenz	05574/46526, contact@aidshilfe-vorarlberg.at	www.aidshilfe-vorarlberg.at

Self-help group particularly for women

W	PULSHIV Grinzinger Str. 54/11/10, 1190 Wien	0699/114 03 426, pulshiv@gmx.at	www.pulshiv.at
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Best luck
for your pregnancy

Die AIDS-Hilfen
Österreichs



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