

# HIV in Pregnancy

All you need to know!



**fernandez**

Built for Birthing

## HIV Pre-test counselling for laboratory testing

Testing for Human Immunodeficiency Virus (HIV) infection is voluntary. Read this information carefully to help you decide whether to be tested or not. HIV is the cause of Acquired Immune Deficiency Syndrome (AIDS). **All persons infected with HIV can spread to others through:**

- Unprotected sex
- Blood transfusion
- Needle sharing
- From infected mothers to their newborn

## What is HIV antibody testing?

HIV antibody test is a blood test that will show if you have antibodies to HIV – the virus that causes AIDS. A sample of blood will be taken from your arm. If the first test (screening) shows a positive reaction, another test (confirmatory) will be done to make sure that the first test is positive. A positive antibody test means you have been infected with HIV. A negative test means you are probably not infected because it takes time for the body to produce antibodies. So, if you have been exposed recently, you need to be retested after 3–6 months to make sure you are not infected.



## What are the benefits of taking the test?

Knowing that you have HIV is the first step in starting treatment, yet roughly 9.4 million individuals worldwide are unaware of their status.

A person with HIV has the best chance of survival if they begin receiving therapy as soon as possible after their infection is confirmed. The better the prognosis, the sooner therapy for HIV is initiated after infection. Through testing for HIV at an early stage and receiving medication and care, people can live long, healthy lives.

A woman who is expecting or nursing.

Those who are HIV-positive have access to a variety of choices that can guarantee she gives birth to a healthy child.

HIV-negative and maintaining a negative status free of HIV, but not to what extent she is aware of her HIV status.

### IF YOU TEST NEGATIVE

You can learn how to protect yourself from getting infected by practicing safer sex (e.g. monogamous relationship, condom use) etc.

### IF YOU TEST POSITIVE

You can learn how to avoid transmitting the virus to others like your partner or unborn child and how to take good care of your health by adhering to your doctor's advice. Test results can help people make choices about contraception or continuation of pregnancy.

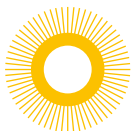


## Voluntary HIV testing

Taking all HIV antibody tests is voluntary. If you do not want to be tested; you have the right to refuse the test. If you want to have the test but don't want to reveal your identity, you can use a code name.

### PRIVACY AND CONFIDENTIALITY

Your record will not be disclosed to others unless you direct us to do so or unless the law authorises or compels us to do so. You may see your record or get information about it from your healthcare providers.



For further information on HIV, write to us at:  
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