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HIV Treatment Guidelines for Pregnant People and Their Infants

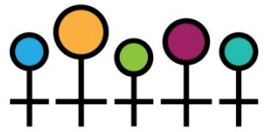
Last updated: August 3, 2022

Together, we can change the course of the HIV epidemic...one woman at a time.

#onewomanatatime

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What Are HIV Treatment Guidelines?

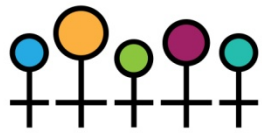
- Help providers, people living with HIV:
 - decide when to start, stop, change HIV medications
 - choose among different HIV drugs
- Prepared by experts in HIV prevention and treatment during and after pregnancy

US-Based Guidelines

- Prepared by US Department of Health and Human Services:
 - General HIV treatment guidelines
 - HIV treatment guidelines during pregnancy
 - HIV treatment guidelines for children
- Regularly reviewed and updated by HIV experts
- The Well Project also has fact sheets on general HIV treatment, caring for children and getting pregnant

Global Guidelines

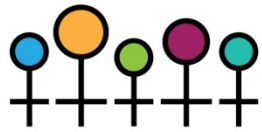
- Guidelines differ by country
- Global agreement on HIV treatment for all people living with HIV
- Other recommendations can vary by region, for example on infant feeding:
 - Breast/chestfeeding recommended in low-income countries
 - Bottle feeding recommended in high-income countries
 - But: people in high-income countries may want to breast/chestfeed
 - Guidelines help providers support that choice



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March 2022 Perinatal Guidelines

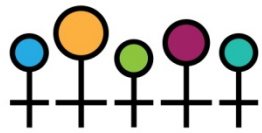
- Provide guidance on the following:
 - Pre-Exposure Prophylaxis (PrEP) to prevent HIV
 - Care for people who may become pregnant
 - Getting pregnant when one partner lives with HIV
 - HIV drugs during pregnancy
 - Infant feeding
 - Caring for the newborn
- Next update expected later in 2022



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Pre-Exposure Prophylaxis (PrEP)

- Offer PrEP to people trying to get pregnant if:
 - Intimate partner violence
 - Repeated post-exposure prophylaxis
 - Condomless sex
 - Injected drugs
 - Sexually transmitted infections
 - Substance use
- If viral load undetectable -> U=U
- Only daily Truvada recommended



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PLWH Who May Become Pregnant

- Ask whether person living with HIV is planning to have biological children
 - If no: interactions between hormonal contraceptives and some HIV drugs
 - If yes:
 - undetectable viral load before conception
 - possible changes to HIV drug regimen
- Same advice as for everyone else:
 - Stop/reduce alcohol, smoking, street drugs

Getting Pregnant

- If non-birthing partner lives with HIV:
 - If undetectable viral load -> U=U
 - PrEP for HIV-negative partner
- If birthing partner lives with HIV:
 - Get viral load to undetectable before becoming pregnant
- See also our fact sheet on Getting Pregnant

HIV Drugs in Pregnancy

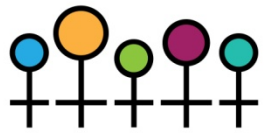
- If already taking effective HIV drugs:
 - Usually keep taking the drugs
 - Drug regimen may need to change in some cases
- If not on HIV drugs when becoming pregnant:
 - Start treatment right away
 - Certain drugs as preferred
 - Drug resistance testing is recommended
- Information on specific HIV drugs:
 - May not be available because pregnant people often cannot participate in clinical trials

Infant Feeding

- Some people living with HIV in Global North want to breastfeed
 - UK database shows that breast/chestfeeding safe
 - Not everyone in Global North has access to formula and safe water
 - Recommendation to bottle-feed in North America, Europe not yet changed
- See our fact sheet on this topic

Caring for the Newborn

- HIV drugs recommended for infants to prevent them from acquiring HIV
- Specific drugs and duration differ:
 - If parent virally suppressed during pregnancy:
 - Zidovudine for 4 weeks
 - If parent not virally suppressed or acquired HIV close to giving birth:
 - Several HIV drugs for 2-6 weeks
 - Only certain drugs are recommended for infants
 - Different if baby is very premature



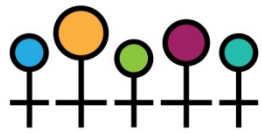
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Other Information in Guidelines

- Procedures to avoid during labor and delivery
- People who don't know their HIV status when they give birth
- Pregnancy in transgender/gender diverse people
 - May need to consider gender-affirming hormones taken

Taking Care of Yourself

- Guidelines are a set of recommendations
- They are always changing and based on the most up-to-date information from studies and clinical trials
- They are only general suggestions!
 - OK for you and your healthcare provider to choose therapies for your specific situation



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Learn More!

- To learn more, please read the full fact sheet on this topic:
 - [HIV Treatment Guidelines for Pregnant People and Their Infants](#)
- For more fact sheets and to connect to our community of women living with HIV, visit:
 - www.thewellproject.org
 - www.facebook.com/thewellproject
 - www.twitter.com/thewellproject