

GET THE FACTS

Reproductive Health and HIV

www.thewellproject.org

Reproductive health includes many things!

It's the direct care, services, and education people need to create, end, or prevent pregnancies based on their own decision-making and to take care of their bodies throughout their lives:

Contraception (birth control) counseling and access

Safe abortion access and care

Health screenings

Fertility education and services

Perinatal (before, during and after childbirth) care



What contraception options are available for me?

Women living with HIV, like other women, have access to many options to prevent pregnancy, including:

- Contraceptive pills
- Implants
- Patches and rings
- IUDs (intrauterine devices)
- Shots (injections)
- Condoms (external and internal)
- Other barrier methods (cervical caps, diaphragms)
- Spermicide

Your provider can help you decide what is best for you. And remember, no matter which contraception method you choose, a person with an undetectable viral load **cannot transmit HIV sexually** (Undetectable Equals Untransmittable, or U=U).

I'm interested in becoming pregnant...

Around the world, women living with HIV are giving birth to babies who do not have HIV. With proper HIV treatment and care, there is less than a 1% chance of transmitting HIV to your baby during pregnancy, childbirth, or breastfeeding. If you are thinking about growing your family, here are a few things to consider:

- Conception and fertility
- Finding supportive providers (i.e., OB/GYN, infectious disease specialist, pediatrician, midwife, doula, lactation consultant)
- HIV treatment options
- Infant feeding
- Support network (friends, family, other women living with HIV)

What to expect at a gynecologic (GYN) screening?

It is very important for people with a vagina, cervix, uterus, and/or ovaries to receive regular (typically once a year) GYN screenings. This particular appointment might be uncomfortable or embarrassing if you don't know what to expect. Depending on your age, you might expect some of the following:

- Pap smear
- Pelvic exam
- HPV screening
- STI screening
- Breast exam
- Bimanual exam
- Anal pap smear
- Blood work
- Breast imaging
- Colposcopy
- Ultrasound

Visit bit.ly/GYNchecklist for what to expect and talking points for your GYN visit!

What should I know about abortion?

Abortions are an important part of healthcare. While everyone should have access to abortion care when they need it, the right to this care is being vigorously challenged across the US. Based on where you live, you may or may not have access to medical (pill to induce abortion) and/or surgical abortion methods.

Access to abortion is changing every day. We encourage you to connect with experts in this space for more information, including:

abortionfunds.org

states.guttmacher.org/policies

plannedparenthood.org

Scan the QR code

to access a wealth of information about reproductive health for women living with HIV across the gender spectrum.



SHE/HER/THEY

SEXUAL HEALTH EDUCATION/HIV EMPOWERMENT RESOURCES/TREATING HIV EQUALLY

Visit The Well Project

to access evidence-based fact sheets and other educational programming; community support; advocacy and leadership development; collaborative engagement; and women-focused research!

Join our dynamic community of women living with and vulnerable to HIV at: www.thewellproject.org

