



Preparing for Labor and Birth

PART OF Preparing for Birth and Beyond:
Postpartum Checklists for Parents Living with HIV

***Congratulations on your little one(s)!** Understanding how your body works to move your baby out into the world can help the birthing process feel more manageable – and even empowering. The questions and resources below can help guide conversations with your provider.*

Questions when you see a new provider:

- ☐ Are you familiar with the latest HIV care and treatment guidelines for pregnant people, including support for infant-feeding decision-making?
- ☐ Do you know about the **National Perinatal HIV Hotline (1-888-448-8765)**?
 - A federally funded phone line staffed by experts, offering free clinical consultation and referrals to providers caring for people living with HIV during and after pregnancy and/or their newborns

Ask yourself:

- ☐ What are my wishes for my labor, birth, and right after?
- ☐ Which people (partner, mom, auntie, friend, doula, etc.) will help me feel most safe, supported, and powerful during labor and birth?
- ☐ How do I want to feed my baby?

Ask your provider:

- ☐ What happens to people's bodies during labor and birth?
- ☐ How does my baby stay HIV-negative during birth?
 - Will my HIV status affect my birth plan or experience?
- ☐ Does my clinic/hospital/birth center offer free classes to prepare for labor and birth, and/or caring for a newborn?
 - Do they offer tours of the department where I will be giving birth?
- ☐ Who can I have with me during labor and birth?
 - Are there limitations to how many people can be in the room where I am giving birth?
- ☐ Is there information (including but not limited to my HIV status) that may be shared in my hospital room that I am not comfortable with some people knowing?
- ☐ What is a doula? Is it a good idea for me to have one?
 - How would I find a doula who is a good fit for me?
 - Are there any free or low-cost community doula programs available in my area?
- ☐ How are my birth preferences/birth plan documented and communicated to my labor and delivery team?
- ☐ I am interested in exploring my choices around infant feeding. How will my decision be supported and communicated to the rest of the care team?

Scan this QR code or visit bit.ly/LaborBirthBeyondHIV
to view the full postpartum resource, including links to more information.

