



# PrEP for pregnant and breastfeeding women

## STEP 1:

Offer HIV counselling and testing to determine HIV status.

## STEP 2:

For women who test HIV negative, conduct a needs assessment to determine the likelihood of exposure to HIV, by asking the following:

If they ever have sex without a condom

If they ever have sex while using alcohol and/or drugs

If they ever have sex against their will

Sex without a condom with partner/s living with HIV

**be sensitive and non-judgmental**

If the response is YES to any, even only one of the above or if the woman requests PrEP, proceed with providing information about PrEP:

- ♥ PrEP is an ARV pill used to PREVENT HIV infection.
- ♥ PrEP is for HIV-negative people.
- ♥ PrEP is taken daily.
- ♥ PrEP is safe to take!
- ♥ PrEP does not protect you from getting other STIs.
- ♥ PrEP does not prevent you from getting pregnant if you are breastfeeding.
- ♥ PrEP does not prevent other STIs or pregnancy.
- ♥ PrEP can be stopped at any time that you do not need it.

**always try to use a condom as well as PrEP**

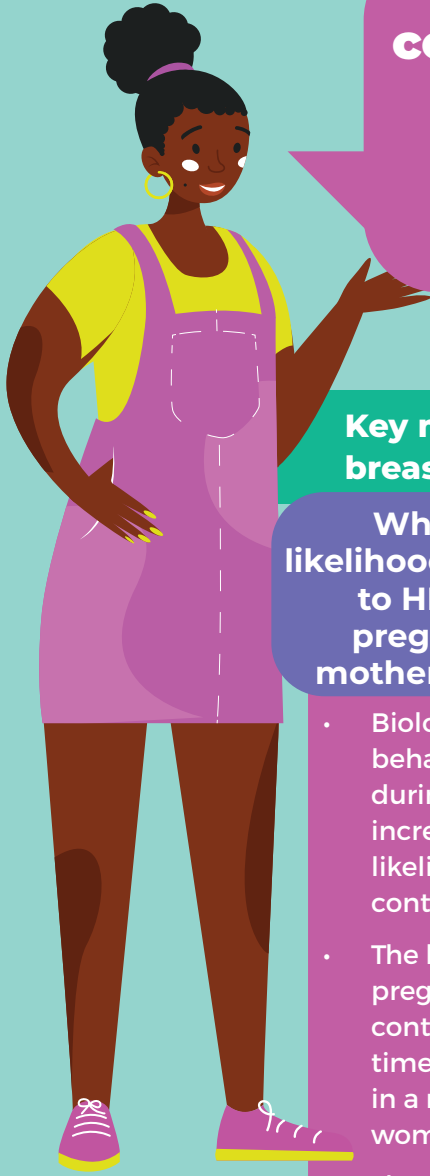
## STEP 3:

Counselling on the benefits, and other considerations of PrEP in pregnancy

PrEP is one of several options which should be offered to prevent HIV in pregnant and/or breastfeeding woman who may be affected by HIV. Inform the woman about all the HIV prevention options that are available:

- ♥ Condoms
- ♥ STI screening and treatment
- ♥ Counselling to promote PrEP continuation and for a healthy lifestyle
- ♥ HIV counselling and testing for a partner/s and treatment for a partner living with HIV

**emphasise the importance of follow up ANC visits**



**The choice to start, continue or discontinue PrEP when a woman becomes pregnant should be made by the woman...**

...following a discussion of the benefits and considerations of PrEP in pregnancy with her health-care provider.

**Key messages and information for PrEP in pregnant and breastfeeding women:**

**What is the likelihood of exposure to HIV during pregnancy for mother and baby?**

- Biological and behavioural changes during pregnancy increase the likelihood of women contracting HIV.
- The likelihood of a pregnant woman contracting HIV is 2-3 times greater than in a non-pregnant woman.
- There is a greater chance of perinatal transmission among women who recently acquired HIV, this is due to high levels of the virus in the body during this time of acute (new) infection and not yet being on ARV treatment.

**How could PrEP drugs affect the child?**

- Very low concentrations of PrEP drugs are secreted in the breast milk and will not harm the baby.
- PrEP use in HIV negative pregnant women is known to be safe for the mother and child.
- There has been extensive use of TDF/FTC (PrEP drugs) over many years by pregnant women as part of HIV treatment, and there is no indication of any harmful effects for the foetus or baby.

**What are the benefits of taking PrEP during pregnancy and breast feeding?**

- A pregnant or breastfeeding woman, who tests negative for HIV, and is taking PrEP, is preventing HIV for both herself her unborn or breastfed baby.
- PrEP is easy to take, it requires only one pill a day.
- PrEP can be taken without anybody else knowing, it can be kept private and discreet.
- PrEP can be used when a woman and her partner want to conceive safely, if she has tested negative for HIV and her partner is living with HIV.

**PrEP IS CHOICE**  
#ICHOOSEME

Ask PrEP anything on **065 869 8031**