



PrEP for pregnant and breastfeeding women

STEP 1:

Offer HIV counselling and testing to determine HIV status.

STEP 2:

For women that test HIV negative, conduct risk assessment to determine the level of risk of HIV the woman is potentially exposed to by asking the following:

be sensitive and non-judgmental

Do you ever have unprotected sex (not using a condom)?

Do you have unprotected sex with a partner/s who are HIV-positive?

Do you ever have unprotected sex with a person whose HIV status you don't know?

Do you ever have sex under the influence of alcohol and/or drugs?

If response is YES to any 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 can be stopped at any time that you do not need it.

always try to use a condom as well as PrEP

PrEP does not protect you from STIs or getting pregnant

STEP 3:

Conduct Risk benefit counselling

Counselling Key Message

PrEP is one of several options which should be offered to help protect the HIV-negative pregnant or breastfeeding woman at substantial risk of infection. The woman should be informed about the comprehensive HIV prevention package which includes:

- STI screening and treatment
- Condom promotion
- Risk reduction counselling
- PrEP with emphasis on adherence
- Emphasizing the importance of follow up ANC visits
- Partner testing and treatment



The choice to start, continue or discontinue PrEP when a woman becomes pregnant should be made by the woman, following a discussion of the risks and benefits with her healthcare provider (table below).

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

What is the risk of contracting HIV during pregnancy for the mother and baby?	What are the risks of PrEP drugs to foetus or baby?	What are the benefits of taking PrEP during pregnancy and breast feeding?
<ul style="list-style-type: none"> • 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. • Women recently infected with HIV have a much higher chance of passing on HIV infection to the unborn baby because of the high levels of the virus in the body during this time of acute (new) infection and not yet being on ARV treatment. 	<p>We do know:</p> <ul style="list-style-type: none"> • 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 was shown to be safe for the mother and baby. • There has been an 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/infant. 	<ul style="list-style-type: none"> • An HIV negative pregnant or breastfeeding woman taking PrEP can protect herself from contracting HIV thus also reducing the risk of passing HIV to the unborn or breastfed baby. • PrEP is easy to take, it requires one pill a day. • PrEP can be taken by the woman without anybody else knowing if she wants to keep it to herself. • PrEP can be used when a woman and her partner want to conceive safely if she is HIV negative and her partner is HIV positive. • PrEP can be used by couples when one partner is positive (and is not on ART or virally suppressed) and the other is negative.

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