

Choosing the Right Method to Prevent HIV for Yourself and Your Baby



Using oral PrEP or the PrEP ring can help you prevent HIV – and that helps protect your baby too!




People are more likely to get HIV when they are pregnant or during the time after delivery (postpartum), and getting HIV at these times carries a higher risk of passing HIV to babies. For most people who live in places where HIV is common, there are **more benefits than risks of using an HIV prevention method** during pregnancy and postpartum.

Now, there are **more options for you to choose from when preventing** HIV during pregnancy and postpartum. Here are some questions and answers about PrEP methods that might help you choose what will work best for you and your baby. Your provider can talk to you about these methods and other ways to prevent HIV.




Make the HIV prevention choice that works best for you and your baby! If you want to learn more, contact **[Insert your contact information here]**

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Frequently Asked Questions – PrEP and Pregnancy

DURING PREGNANCY	 ORAL PREP	 PREP RING	 CAB PrEP
<p>Are there any special considerations for this type of PrEP for people who are pregnant?</p>	<p>The WHO recommends oral PrEP during pregnancy for individuals at substantial risk of HIV.</p> <p>Oral PrEP drug levels are lower in pregnant individuals due to normal changes in the body during pregnancy. Because of this, it is especially important not to miss doses of oral PrEP while pregnant.</p>	<p>The PrEP ring should be removed if you have vaginal bleeding or if your water breaks. Wait until 6 weeks after delivery to resume or start PrEP ring.</p>	<p>The risks and benefits of using CAB PrEP during pregnancy should be discussed with a healthcare provider. CAB PrEP is very effective at preventing HIV. Some may feel that protection against HIV is more important than the possible but still unknown risks and decide to use CAB PrEP during pregnancy. Others may want to wait until the safety is better understood.</p> <p>If you become pregnant within one year after receiving a CAB PrEP injection, you may have CAB PrEP present in the body while you are pregnant.</p>
<p>For those that decide to use PrEP during pregnancy, why is adherence especially important?</p>	<p>Consistent PrEP use may be especially important for HIV prevention if you are pregnant because people have a higher chance of getting HIV at this time.</p>		
<p>Is it safe to use during pregnancy?</p>	<p>Yes, many studies have shown that the medications used for oral PrEP use are safe for the pregnant person and their baby.</p>	<p>Studies of ring use during pregnancy to date have shown no problems for the pregnant person or their baby.</p>	<p>Information on the safety of CAB PrEP during pregnancy is more limited. Studies are ongoing. So far, no safety concerns have been noted.</p>
<p>What does the available research show about safety?</p>	<p>PrEP does not increase the risk of birth defects, miscarriage, or other complications during pregnancy, birth, or after the birth. PrEP will not cause babies to be too big or too small.</p>		<p>So far, no problems have been seen for the small number of individuals who became pregnant and kept using CAB PrEP.</p>
<p>Is it safe to use with medications and supplements commonly prescribed in pregnancy?</p>	<p>Medications commonly used during pregnancy have no known interactions with PrEP. There may be some medications to help with common PrEP side effects that you cannot take during pregnancy. Always talk to your health care provider about any medications you are using.</p>		
<p>Are PrEP side effects any different when used during pregnancy?</p>	<p>PrEP side effects are usually mild and no different for those who are pregnant. Some side effects of PrEP may be similar to those experienced due to pregnancy.</p>		
<p>What do I do when it is time to deliver the baby?</p>	<p>Keep taking oral PrEP at the same time every day. If you stop taking PrEP around the time that you have the baby, you should follow your PrEP provider's advice for restarting it after delivery.</p>	<p>Take out your PrEP ring if it is time to go the facility to have the baby (active labor) or when your water breaks.</p> <p>After your delivery, follow your PrEP provider's advice for when to restart PrEP ring or another PrEP method.</p>	<p>Keep to your schedule of CAB PrEP injections around the time you have the baby. If you anticipate being away and needing to delay injections, talk to your provider about other HIV prevention options to use during this time.</p>
<p>Will it affect my ability to get pregnant again in the future?</p>	<p>No. There is no evidence that any type of PrEP impacts your future fertility.</p>		

Frequently Asked Questions – PrEP after delivery/while breastfeeding

AFTER DELIVERY/WHILE BREASTFEEDING	 ORAL PREP	 PREP RING	 CAB PREP
<p>Are there any special considerations for people who are postpartum or who experience a pregnancy loss?</p>	<p>No. You can use oral PrEP just as you would normally postpartum or after a pregnancy loss.</p>	<p>Wait until 6 weeks after delivery to resume or start PrEP ring.</p> <p>Talk to your provider about PrEP ring resumption after a pregnancy loss.</p>	<p>The risks and benefits of using CAB PrEP during breastfeeding should be discussed with a healthcare provider. CAB PrEP is very effective at preventing HIV. Some may feel that protection against HIV is more important than the possible but unknown risks and decide to use CAB PrEP during breastfeeding. Others may want to wait until the safety is better understood.</p> <p>If you breastfeed within one year after receiving a CAB PrEP injection, you may have CAB PrEP present in the breastmilk.</p>
<p>Is it safe to use during breastfeeding?</p>	<p>Yes, several studies have shown that oral PrEP use is safe for breastfeeding people and their babies.</p>	<p>Research is more limited, but so far, PrEP ring use has been very safe for breastfeeding people and their babies.</p>	<p>Information on the safety of CAB PrEP during breastfeeding is not yet available, but studies are ongoing.</p>
<p>Does it affect milk production or the taste of the milk?</p>	<p>No. PrEP does not affect milk production or the taste of the milk.</p>		<p>No information is available yet, but it not anticipated that CAB PrEP would cause these issues.</p>
<p>Is it safe to use with medications and supplements commonly prescribed postpartum and while breastfeeding?</p>	<p>Yes. Always talk to your health care provider about any medications you are using.</p>		
<p>Are PrEP side effects any different when used during breastfeeding?</p>	<p>PrEP side effects are usually mild and no different for those who are breastfeeding.</p>	<p>No information is available yet, but it not anticipated that CAB PrEP side effects would be any different for breastfeeding individuals.</p>	
<p>Is it safe to use together with family planning methods?</p>	<p>Oral PrEP is safe to use together with all family planning methods.</p>	<p>PrEP ring is safe to use with most family planning methods.</p> <p>Some countries may have rings available for family planning. You shouldn't try to use two rings at once (the PrEP ring plus a family planning ring).</p>	<p>CAB PrEP is safe to use together with all family planning methods.</p>
<p>What do I do when I have finished breastfeeding? Can I keep using it?</p>	<p>Yes, you can continue this method or switch to a new method.</p>		