



## I am HIV infected and pregnant. Is it safe to use anti-HIV medications during my pregnancy?

Women infected with HIV can safely use anti-HIV medications during pregnancy to protect their health and to prevent transmitting HIV to their babies. Discussing more about the safety of anti-HIV medications and pregnancy with your provider will help you decide what medications are right for you.

### Terms Used in This Fact Sheet

**Mother-to-child transmission of HIV: The passing of HIV from a woman infected with HIV to her baby during pregnancy, during labor and delivery or by breastfeeding.**

### Is my baby at risk from anti-HIV medications I take during pregnancy?

It's not known if babies will have any long-term effects from the anti-HIV medications their mothers use during pregnancy. However, the risk of mother-to-child transmission of HIV can be reduced to 2% or less if interventions occur during pregnancy, labor, and delivery, and then to the newborn. And the illness that results when HIV infection is passed from a mother to her child is very real. Because anti-HIV medications can greatly reduce the risk of passing HIV infection from a mother to her child during pregnancy, all pregnant women infected with HIV should take anti-HIV medications.

Information on the use of anti-HIV medications during pregnancy is limited. But enough information is known to make recommendations about the safety of the most commonly used medications.

Talk to your health care provider about the safety of anti-HIV medications during pregnancy. There are many anti-HIV medications to choose from that will keep you and your baby healthy.

This information is based on the U.S. Department of Health and Human Services' *Recommendations for Use of Antiretroviral Drugs in Pregnant HIV-1-Infected Women for Maternal Health and Interventions to Reduce Perinatal HIV Transmission in the United States* (available at <http://aidsinfo.nih.gov/guidelines>).