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EDITION 2025

# InfoVHtal

INFORMACIÓN BÁSICA SOBRE EL VIH

## Having a baby and HIV

**gt** grupo de  
trabajo sobre  
tratamientos del VIH  
ENTIDAD DECLARADA DE  
UTILIDAD PÚBLICA  
ONG DE DESARROLLO



VH



# Having a baby and HIV

A lot of people with HIV have had healthy, virus-free babies. **If you are thinking about having a baby, this fact sheet will provide some useful information.**

**01 If you are a woman and have HIV**

**02 If you are a man and have HIV**

**03 Key points**



01

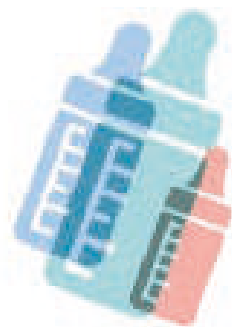
## If you are a woman and have HIV



**Taking antiretroviral medication during pregnancy** will be good for your health and will protect your baby from HIV.



**Most women can give birth naturally** and will not require a caesarean section.



**The safest way to feed your baby** is with **formula milk from a bottle**.

## What is formula milk?

Formula milk is a **special food given to babies when they cannot feed on their mother's milk**.

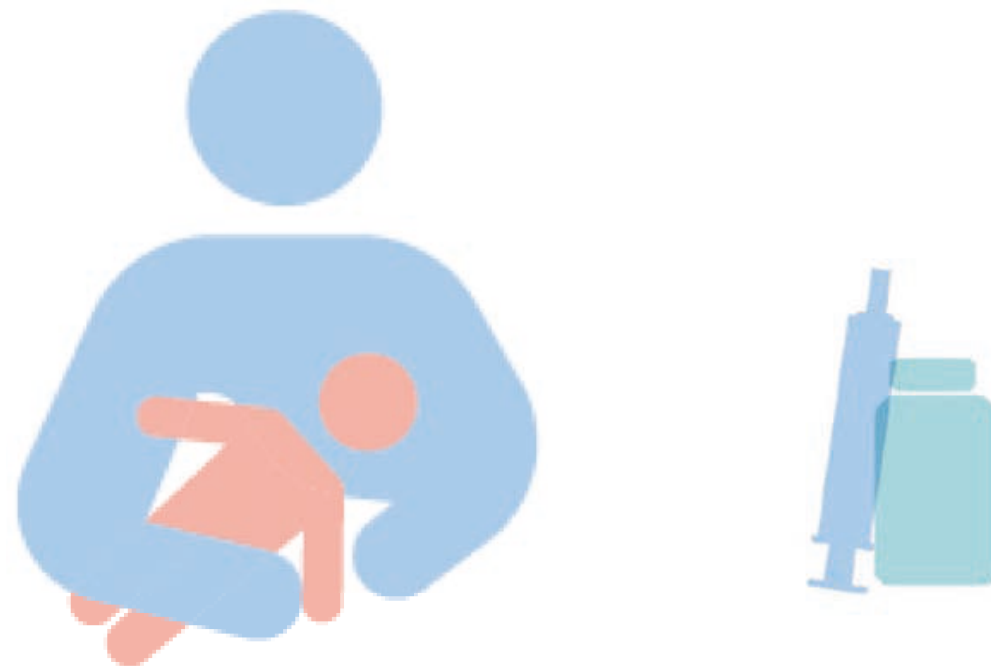
Although there are liquid versions of formula milk, **it is generally prepared by mixing a powder with water** that is first boiled and then cooled, following the exact instructions on the packet.

## Are you thinking about breastfeeding?

Although you may **be able to feed your baby with your own milk**, **this is not as safe as bottle feeding with formula milk**.

Breastfeeding, however, **has advantages for both you and your baby**, so if you do wish to breastfeed, seek advice from your healthcare team to minimise the risk.





## Besides...

Once the baby is born, **it will require antiretroviral medication for a period of time.** This further reduces the risk of them having HIV.



**If all the advice is followed, fewer than one in 300 babies are infected with HIV.**



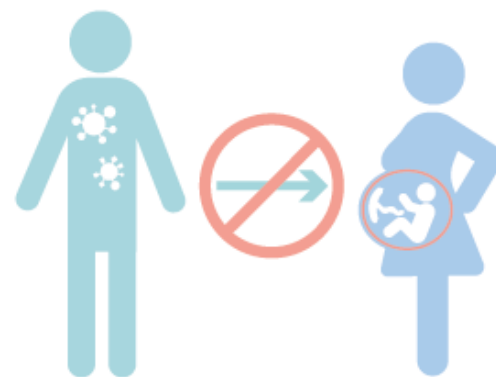
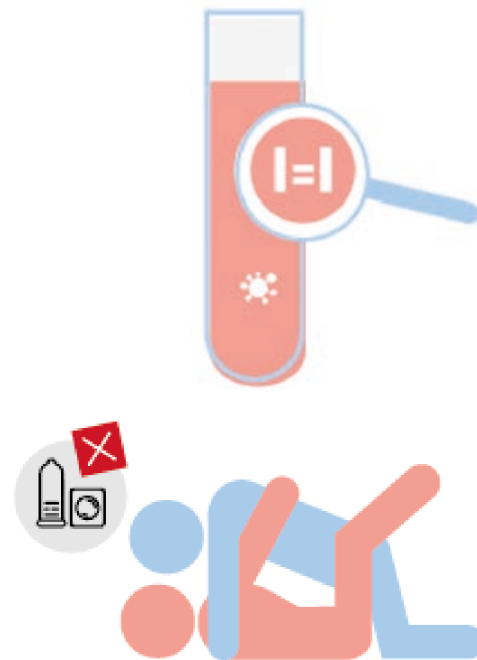
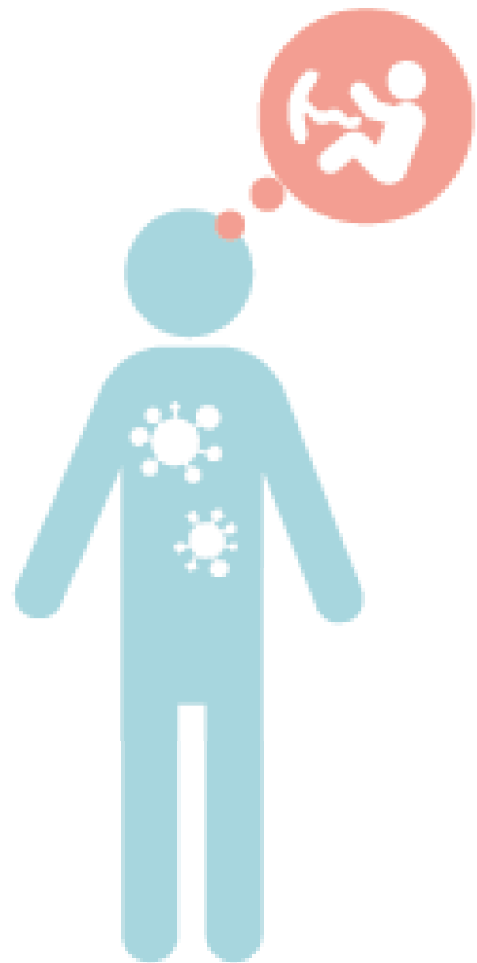
02

## If you are a man and have HIV

If you have had an undetectable viral load (i.e. very little virus in your blood) for at least six months and take your **antiretroviral treatment as prescribed**, there is no risk of HIV being passed on to your partner during sex.

If so, you can **have sex without using a condom**.

If HIV is not passed on to your partner, then it cannot be **passed on to the baby** when she becomes pregnant. Neither is HIV transmitted directly from father to baby.



03

## Key points

In Spain, many women with HIV have had healthy children.

Antiretroviral drugs protect both your health and your baby's.

If you are thinking about having a baby, you should discuss the matter with your medical team as soon as possible.





#### Descargo de responsabilidad

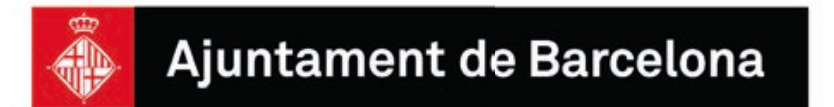
La información contenida en esta ficha no pretende sustituir la recibida por el médico. Las decisiones referentes a la salud siempre deberían tomarse tras consultar con los profesionales sanitarios.

La información médica puede quedar desactualizada con rapidez. Si te surge alguna pregunta tras leer esta ficha, te aconsejamos hablar con tu médico o enfermera o llamar a gTt-VIH, al 93 458 26 41, para comprobar si existe alguna novedad relevante al respecto.

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