

## IPT (TB PREVENTIVE THERAPY)

All HIV-positive adults and adolescents with no signs or symptoms suggestive of active TB can take Isoniazid (INH) with pyridoxine (vitamin B6) as TB preventive therapy (IPT).

**ASK YOUR HEALTHCARE WORKER ABOUT THIS TB PREVENTIVE TREATMENT.**

## Healthy mother, healthy baby

WE CARE ABOUT YOUR PREGNANCY.

INVITE YOUR PARTNER FOR HIV TESTING

**We tested together to protect ourselves and our child.**





**Be a responsible father and husband and test for HIV together with your partner.**



**ASK THE NURSING STAFF TO DO YOUR VIRAL LOAD TEST ... AND BE SURE TO GET YOUR RESULTS!**

**MAKE SURE THAT YOU NEVER RUN OUT OF YOUR MEDICATION!**

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 Health Systems Trust  
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# Healthy mother, healthy baby



**HEALTH  
SYSTEMS  
TRUST**

## ARE YOU PREGNANT AND HAVE YOU BEEN TOLD THAT YOU ARE HIV-POSITIVE AND MUST START TAKING ANTIRETROVIRAL TREATMENT (ART)?

You need blood taken at your booking visit to measure your **CD4 count, haemaglobin and creatinine levels** and to test for **hepatitis B**.

- » You must have a **skin test done for TB**.
- » You must come back in three days to get your results. Make sure you have an appointment to come back for your results.
- » If some of your results are not available, you should come back a week after your booking visit.
- » You must have an HIV **viral load test** done **three months** after you have started antiretroviral treatment.
- » You must have another viral load test **six months** after you booked.
- » You will need to have viral load tests **every six months** whilst still pregnant and breastfeeding.
- » Once you have stopped breastfeeding, you need a viral load test **once a year for life**.



### What should your CD4 count be?

If your CD4 count is **lower than 100**, you need another test done for cryptococcus and you must start taking Bactrim (Co-trimoxazole).

If your CD4 count is **lower than 200**, you must start taking Bactrim (Co-trimoxazole).

If your CD4 count is **higher than 200**, you don't need anything else except to continue to take your ART.

### What should your creatinine level be?

If your kidneys are working well, your creatinine level will be **lower than 85**.

If it is **higher than 85**, you will need other treatment.

### What should your haemaglobin level be?

Your haemaglobin level should be **higher than 7**. If it is lower than that, you will need other treatment.

### What should your HIV viral load be?

Your viral load should be **undetectable**.

### What should you do to make your HIV viral load undetectable?

You should take your ART **every single day** at the same time for the rest of your life.

### What should your partner do?

Your partner(s) should be tested for HIV if they are not known to be HIV-positive. Ask the counsellor at the clinic when you can come together for couples testing.

HIV-positive partners could start ART and should be assessed for this at the clinic.

## HAVE YOU BEEN TAKING ANTIRETROVIRAL TREATMENT (ART) AND ARE YOU NOW PREGNANT?

To measure the level of HIV in your body, and how well antiretroviral therapy is controlling it, a **viral load test** should be done at your booking visit.

- » You must get your viral load results **within one week** of the blood being taken. Make sure you have an appointment to come back for your results.
- » You must have another viral load test done **three months** after you booked.
- » You must have another viral load test done **six months** after you booked.
- » You will need to have a viral load test **every six months** whilst still pregnant and breastfeeding.
- » Once you have stopped breastfeeding, you need a viral load test **once a year for life**.

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Your partner(s) should be tested for HIV if they are not known to be HIV-positive. Ask the counsellor at the clinic when you can come together for couples testing.

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