

## **Pre-conception Planning for Women Already on ART (not yet pregnant)**

- All PLHIV qualify for ART, with initiation preferably within 2 weeks of HIV diagnosis.
- Deferring pregnancy until confirmed viral suppression reduces risk of vertical transmission to the baby, improves infant outcomes, and reduces risk of cross-transmission to the sexual partner.
- Unprotected sex should be limited to days when ovulation is expected (based on basal temperature monitoring, fertility calendar based on menstrual cycles, and/or fertility calendar app).
- Routine ANC and delivery by a skilled birth attendant improves outcomes for mother and baby.