

# STBBI test results

If the result is **positive**

## FOR HIV

This means that you are infected by HIV. You should know that HIV can be transmitted to your baby during pregnancy, delivery, or breastfeeding.

If you are pregnant, your doctor will explain your options in detail. If you decide to terminate the pregnancy, your doctor will direct you to places where abortions are performed. If you decide to have the baby, you will be offered medication and the possibility of having a Caesarean to reduce the risk of transmitting HIV to your baby. Breastfeeding is not recommended in this case because it increases the risk of transmitting HIV to the baby.

## Important

If your result is positive, notify people with whom you've had sexual relations or shared drug-use equipment as soon as possible. They can then get treated quickly. This way, they will avoid developing serious complications and prevent spreading STBBI to other people. A health professional can help you with this process.

Feel free to ask your health professional any questions you have about your health and that of your baby. Other professionals are also available to provide you with assistance and support.

## FOR SYPHILIS, CHLAMYDIA, GONORRHOEA AND HEPATITIS B

You will be offered medication that can treat these infections and protect your newborn. A medical assessment, follow-up and, in some cases, treatment will also be offered for your newborn.

If you have hepatitis B, your newborn will be treated at birth.

# Resources that can help you and answer your questions

## Your Governmental Resources

CLSCs offer a variety of services. Feel free to call for an appointment if you need a medical consultation or for psychosocial services.

You can also call the Info-Santé line at **811** to obtain more information about different topics, including HIV/AIDS and other STBBI.

For more information about STBBIs and pregnancy, visit: [Quebec.ca/itss](http://Quebec.ca/itss)

In Montréal, the Centre d'infectiologie mère-enfant (CIME) at Sainte-Justine Hospital provides health monitoring and psychosocial support for women and pregnant people infected with a virus that can be transmitted during pregnancy or childbirth and their children, as well as psychosocial support for their families.

For information on HIV testing and pregnancy call:  
**Obstetrics and Gynecology: 514 345-4931 ext. 2960**  
**Pediatrics: 514 345-4931 ext. 5339**

## AIDS community agencies

A number of community agencies in Québec provide services to people living with HIV/AIDS.

COCQ-SIDA (Coalition des organismes communautaires québécois de lutte contre le SIDA) is a coalition of community agencies. For information on resources available in your area, call them at **514 844-2477** or toll free at **1 866 535-0481**.

GAP-VIES (Groupe d'action pour la prévention de la transmission du VIH et l'éradication du SIDA) is an agency that works with the Haitian, Caribbean and African communities. You can reach them at **514 722-5655**.

**Don't hesitate to contact them.**

# Having a baby or thinking about it...

What about sexually transmitted  
and blood-borne infections?



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# Pregnancy

Having a baby is an extraordinary adventure! Of course, you want to do everything you can to make sure your baby is born healthy. So during the next few months, you'll want to take good care of yourself.

Did you know that screening for HIV, the virus that causes AIDS, is now part of the tests offered to all people who are having a baby or thinking about it? Screening tests are also offered for other sexually transmitted and blood-borne infections (STBBI), including tests for hepatitis B, syphilis, chlamydia and gonorrhoea.

## If you are pregnant

During your first visits, your doctor, nurse or midwife will suggest you have certain medical exams. He or she will also suggest you get tested for STBBI tests such as HIV, hepatitis B, syphilis, chlamydia and gonorrhoea. If you don't want to take these tests, tell the health professional.

In recent years, the risk of a person passing HIV on to her baby has decreased greatly. If you are pregnant and infected by HIV, your doctor will offer you medication to reduce this risk. If necessary, he or she may suggest a Caesarean birth.

## STBBI screening tests

### Why have screening tests?

Because :

- › if you are infected by HIV, you can now receive medication during your pregnancy. Your infant will also be given medication during the first few weeks of life. This treatment reduces the risk of HIV transmission from pregnant person to child.
- › if you have any other STBBI, medication will be offered to you and your newborn to treat these infections, if needed.

If you want to have a child, you can discuss STBBI screening with your partner and decide to both get tested. A simple blood test will tell you whether you or your partner are infected by HIV. With the test results in hand, you'll be in a better position to make an informed decision about having a baby.

The blood test can also detect hepatitis B and syphilis. To screen for chlamydia and gonorrhoea, a cervical swab or, in some cases, a urine sample is taken.

## How can I check whether my partner or I are infected by HIV or other STBBI?

The only way to know is to have screening tests. Why? Because many people who are infected have no symptoms. Screening tests can detect the presence of a number of STBBI, including HIV, in these individuals.

## STBBI test results

If the result is **negative**

**FOR HIV, SYPHILIS,  
CHLAMYDIA, GONORRHOEA  
AND HEPATITIS B**

This can mean one of two things:

- › You're not infected; or
- › The infection is too recent to be detected. Your health professional can help you clarify your situation.

### Attention

A negative result won't protect you against STBBI during your pregnancy. You can get infected if you or your partner engage in risky activities with someone who has an STBBI. Having unprotected sex or sharing drug-use equipment are risky activities. Talk to your health professional about the importance of getting tested again, as needed.