

# Breastfeeding Guidance for Women with HIV

The CHIP clinic does not recommend breastfeeding for women with HIV. If you choose to nurse your baby, we are here to help you.

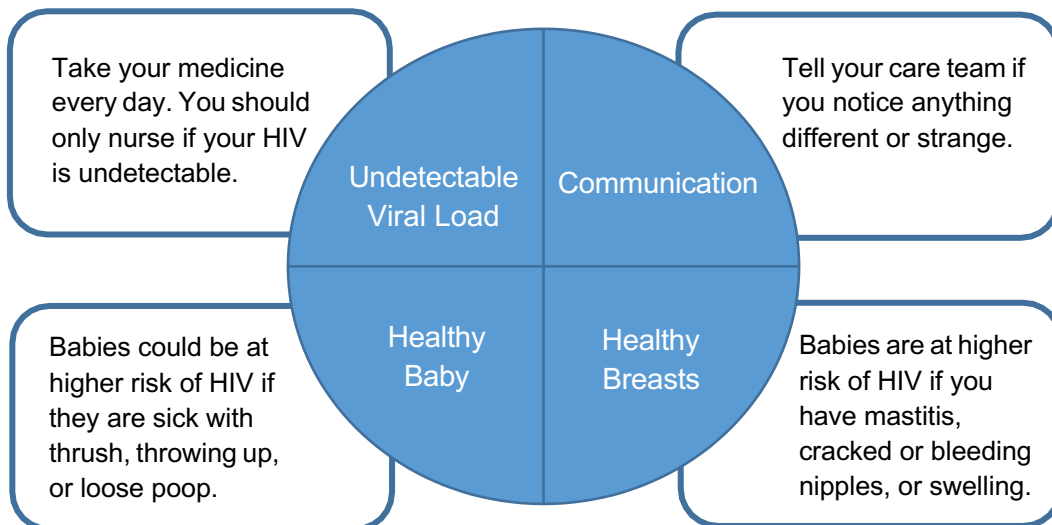
## Starting breastfeeding:

- Talk to your care team and family about your feeding plans.
- Ask for breastfeeding support after you have your baby and make sure you feel comfortable before you leave the hospital.
- Breastfeeding may feel uncomfortable at first. Be sure to ask for help finding the best position for your baby.
  - Cracked or bleeding nipples increase the risk of passing HIV to your baby.
  - If your baby doesn't latch well, you can get mastitis (cracked or bleeding nipples). This also increases the risk of transmitting HIV to your baby.
- Take care of yourself:
  - Get as much rest as you can
  - Drink plenty of fluids
  - Take your HIV medicine every day
- Talk with your care team
  - Let your care team know as soon as you or your baby are having problems.

## Breast milk only:

- 'Exclusively Breastfeeding' means your baby is getting only breast milk, and no other food, drinks, or formula. It is OK for your baby to take your breast milk straight from you or out of a bottle.
- Medicine or vitamins prescribed by your doctor are OK
- Start giving bottles of your own breast milk 2-4 weeks after birth.

At 6 months, we encourage you to switch to baby formula slowly and start giving solid foods.



## The safest way to nurse

### 1. Take your medicine every day

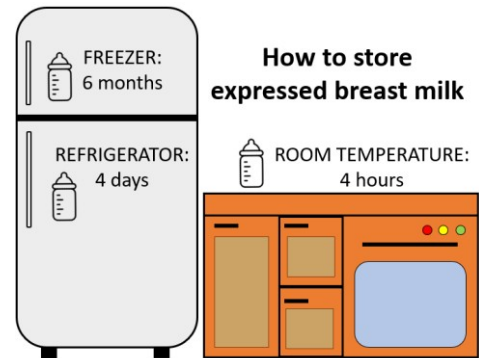
Many women have trouble taking their medicine after the baby is born. Talk with your care team for the best ways to remember. You need to have no detectable HIV in your blood to nurse your baby.

### 2. Be prepared

Breastfeeding doesn't always go as expected. Keep formula at home in case you need to stop breastfeeding suddenly.

### 3. Express your breast milk

Gently squeeze or pump your milk from your breast into a clean container. You can boil a container in water for 10 minutes to sterilize it, then let it cool. Your care team can help you get a breast pump. Keep a supply of your frozen breast milk at home in case you need to stop breastfeeding.



### 4. Prepare to wean your baby off breast milk

Start giving feeding bottles of your own breast milk at 2-4 weeks old, so they get used to the bottle early. Weaning often takes around 1 month.