

Pathways to Parenthood

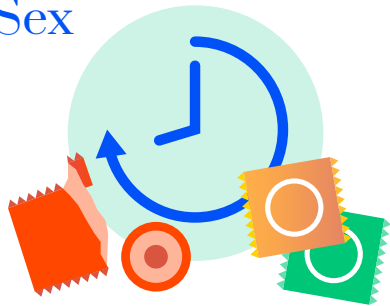
Canadian HIV Pregnancy Planning Guidelines

People living with HIV can choose if and how to become a parent. Because of treatment options – including PrEP and PEP – and what we know about U=U, people living with HIV who want to become parents have many options.

Condomless Sex and Timed Condomless Sex

Key Considerations when Choosing Condomless Sex

1. Is the person living with HIV fully suppressed?
2. Are both partners comfortable with this option?
3. Has the person intending pregnancy had a preconception health workup and started on prenatal vitamins?
4. Is there any reason to suspect either partner of having a fertility issue?

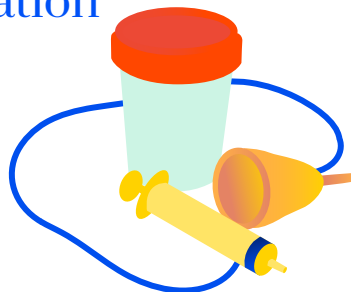


Home Insemination

Key Considerations when Choosing Home Insemination

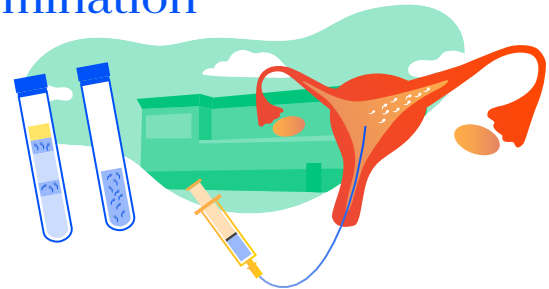
Is the person living with HIV fully suppressed?

1. Are both parents comfortable with this option?
2. Has the person intending pregnancy had a preconception health workup and started on prenatal vitamins?



3. Is there any reason to suspect either partner of having a fertility issue?
4. Do you have access to the supplies needed for home insemination?

Sperm Washing with Insemination



Key Considerations when Choosing Sperm Washing

1. Are you able to pay the fees?
2. Have you found a fertility clinic that you feel safe and respected in?
3. Has the person intending pregnancy had a preconception health workup and started on prenatal vitamins?
4. If the person living with HIV was suppressed, might you consider a different method of conception?

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Treatment in a Fertility Clinic



Key Considerations when Choosing Treatment in a Fertility Clinic

1. Are you able to pay the fees?
2. Have you found a fertility clinic that you feel safe and respected in?
3. Has the person intending pregnancy had a preconception health workup and started on prenatal vitamins?
4. If the person living with HIV was suppressed, might you consider a different method of conception?

Sperm Donation, Egg Donation and Surrogacy



Key Considerations when Donation/Surrogacy

1. Are you able to pay the fees?

2. Have you found a fertility clinic that you feel safe and respected in?
3. Have you considered the legal aspects?
4. Do you understand any policies or guidelines that would create challenges for you as a person living with HIV?

Adoption



Key Considerations when Adopting

1. Are you interested in a domestic or international adoption?
2. Do you understand the process?
3. Are you able to pay the fees?
4. Do you have specific requirements of a child you would consider adopting?