

## The Aim of Antenatal Check-up

The aim of an antenatal check-up is to ensure optimal health of a pregnant woman throughout her pregnancy. Early detection and appropriate management of health problems help preserve the well-being of both the mother and the foetus. Antenatal check-up generally includes blood testing for blood group, hemoglobin level, mean red cell volume, Rhesus factor, rubella, hepatitis B, syphilis and Human Immunodeficiency Virus (HIV).

## How does Universal Antenatal HIV Testing benefit the pregnant woman?

The transmission routes of HIV include sexual intercourse, blood contact or mother-to-child transmission. After entering the human body, the virus replicates and destroys the lymph cells. It gradually lowers the body's resistance, leading to opportunistic infections or even cancer and ultimately death.

Among mother-to-child transmission, HIV can transmit from an infected mother to her baby during pregnancy, delivery or breastfeeding. Without intervention, the transmission rate from an infected mother to her baby is 15 to 40%. **The rate can be reduced to 1-2% with effective treatment and prevention given in the course of pregnancy, during delivery and to the baby after birth.**

## Treatment and Prevention

- An infected pregnant woman should start antiretroviral therapy (ART) as soon as possible; intravenous ART may also be needed during delivery.
- Discuss the risks and benefits of caesarean section versus vaginal delivery with their doctors.
- Breastfeeding of the newborn should be avoided.
- The baby has to continue oral ART and to be followed up by the paediatrician after birth for the prevention and early detection of complications.
- Once confirmed to be infected, the baby will be given appropriate treatment, and follow-up care to improve his/her health.

## The Interpretation of HIV Test Result

A conventional HIV test may take more than one week to process. The test result could be **negative (-ve)** or **positive (+ve)**. The following is the interpretation of the results:

### Negative result (-ve)

- A negative result indicates that the pregnant woman is not infected by HIV at the time of HIV testing. However, one has to be aware of the 'window period'. Window period is the period between the moment a person gets infected with HIV and when the HIV test shows a positive result. The window period for HIV testing is 3 months. A negative result still cannot exclude infection if the user has recent exposure in the previous 3 months. Users must take note of this and repeat the test or consult a doctor whenever in doubt.
- A pregnant woman who has a negative HIV blood result should continue with preventive measures to protect herself and the foetus against transmission of HIV during the course of pregnancy and breastfeeding. This includes practising safer sex such as condom use, refraining from needle sharing and avoidance of any high risk behaviours.
- **Any pregnant woman who in doubt of her HIV status during the course of pregnancy should contact her doctor to perform the HIV test again.**

### Positive result (+ve)

- A positive result means that the pregnant woman has got infected with HIV. There is a risk of transmitting the virus to the foetus and to her sexual partner through sexual intercourse.

**HIV test result is strictly confidential.**

## Early Detection – How does it benefit the pregnant woman?

- The earlier the infection is detected, the better outcome it will be.
- Apart from quality antenatal care, health care providers work together to develop the best management plan to achieve holistic care in the infected person.
- The pregnant woman will be offered ART as soon as possible to control the HIV disease.
- Through counselling, the pregnant woman will understand her physical and psychological capacity to cope with the disease, and reach consensus about continuation with pregnancy.
- The pregnant woman may choose to disclose her HIV status to her sexual partner or family. The health care provider will offer her and her family support and counselling.
- The infected mother will continue drug treatment and follow-up of the disease after delivery to maintain her health and to prevent complications. She will learn how to take care of her baby and beware of the blood borne transmission.

## The Aim of Rapid HIV test

It is important that a pregnant woman knows her HIV status before delivery. In Hong Kong, all pregnant women are routinely tested for HIV in the antenatal check-up. Therefore, for any woman who is about to deliver and who does not know her HIV status yet, a rapid HIV test that takes only minutes SHOULD be done immediately so that appropriate steps can be taken to protect the baby. Result of the test can be read after 20 minutes.

## What is rapid test and how is it performed?

- This test shows whether a person is infected with HIV.
- The blood specimen is obtained by fingerprick. A small droplet of blood is taken from your finger and the test result can be read after 20 minutes.



(1) Fingerprick for blood taking

(2) Put the loop (with blood) into the test kit



(3) Test result

- The rapid HIV test result could be **negative (-ve)** or **positive (+ve)**. Any positive rapid test result should be followed by confirmatory test of venous blood conducted by a laboratory.

**For the protection of both yourself and the baby, please consider antenatal HIV testing. Early diagnosis benefits both you and your baby.**

**Should you have further queries about HIV test and HIV infection, please talk to your doctor or nurse. You are also welcomed to contact our counsellor via the AIDS Hotline at 2780 2211.**

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# 準媽媽的關注 - 產前愛滋病測試

## Antenatal HIV Testing - the Concern of an Expectant Mother



### 產前檢查的目的

產前檢查是為了確保孕婦的健康達至最佳狀態。及早發現並處理懷孕期的問題可保障孕婦和胎兒的健康。血液檢驗是產前檢查的其中一項，化驗範圍一般包括血型、血色素及平均血球容積、Rh因子、德國麻疹、乙型肝炎、梅毒和愛滋病毒等。

### 進行產前愛滋病毒普及測試對孕婦又有甚麼好處呢？

愛滋病毒(人類免疫力缺乏病毒)的傳播途徑是經由性接觸、血液及母嬰傳播。在感染後，病毒會逐漸破壞身體內的淋巴細胞，從而使患者的免疫力下降，繼而併發各種感染，甚至腫瘤；最終會導致死亡。

就母嬰傳播而言，受愛滋病毒感染婦女可在懷孕、生產或餵哺母乳過程中傳染嬰兒，在沒有任何治療下，傳染的機會率為百分之十五至四十。**如能及早診斷，盡早為懷孕、分娩中的孕婦及初生嬰兒實施有效的治療及預防方法，可將嬰兒受感染機會減低至百分之一至二。**

### 治療及預防方法

- 受感染的孕婦須盡快服用抗愛滋病毒藥物，及在有需要的情況下於分娩過程中接受抗愛滋病毒藥物的靜脈注射。
- 與醫生商討剖腹分娩與自然分娩的風險和益處，從而選擇適當的分娩方法，以減低嬰兒受感染的機會。
- 嬰兒出生後，應避免用母乳餵哺。
- 嬰兒出生後須繼續按醫生的指示接受抗愛滋病毒藥物治療，以保障嬰兒的健康。同時，嬰兒亦要接受兒科醫生的跟進，以評估成長狀況。
- 一旦證實嬰兒受到愛滋病毒感染，醫生會按病情提供適當的治療及跟進。



### 愛滋病測試結果

傳統愛滋病測試約需一星期才有結果，它可分為**陰性(-ve)**和**陽性(+ve)**反應。

#### 陰性反應(-ve)

- 陰性反應表示孕婦在接受測試的時間並未受愛滋病毒感染，但必須注意測試是否於空窗期進行。空窗期是身體受愛滋病毒感染，直至愛滋病測試檢驗出陽性反應的一段時間。一般而言「空窗期」都以三個月為準。假如在空窗期內檢測結果呈陰性，仍不能排除在之前三個月內進行的風險行為可能會導致愛滋病毒感染。如有疑慮，應重複檢驗或請教醫生。
- 如確定未受感染，孕婦應繼續採取預防愛滋病毒感染的措施，以保障自己及胎兒在懷孕及餵哺母乳期間免受愛滋病毒感染。預防措施包括進行性行為時正確使用安全套、不與他人共用針筒針具及避免任何高風險接觸。
- **任何孕婦於懷孕期間對自己的愛滋病毒感染情況有懷疑，應盡早聯絡醫生，安排再次進行愛滋病測試。**

#### 陽性反應(+ve)

- 陽性反應表示孕婦已受愛滋病毒感染，身體內帶有愛滋病毒，可傳染胎兒及經由性行為傳染性伴侶。

**愛滋病測試報告是絕對保密的。**

### 知道感染後，對孕婦又有甚麼好處呢？

- 懷孕婦女愈早診斷出感染，治療效果愈理想。
- 除了得到適當的產前護理外，醫護人員會聯合協商，為孕婦訂立合適的處理方案，進行治療及跟進。
- 孕婦須盡快服用抗愛滋病毒藥物，以控制病情。
- 孕婦可與醫生商討，評估可能面對的問題及應付能力，從而決定是否繼續懷孕。
- 孕婦或會選擇將受感染的事實告訴性伴侶或家人。醫護人員會為她及家人作出輔導，協助解決問題及提供適當的支援。
- 於嬰兒出生後，母親應繼續接受適當的藥物治療及跟進，以維持身體的健康及預防併發症，同時應注意血液傳播的風險，避免於日常照料期間傳染嬰兒。

### 進行愛滋病快速測試的目的

在分娩前知悉愛滋病毒感染情況十分重要。在香港，大部分孕婦已於懷孕初期接受產前愛滋病測試。若即將分娩而尚未確知愛滋病毒感染情況的孕婦，都應即時接受愛滋病快速測試，此舉可確保受感染的孕婦得到即時預防治療措施以減低母嬰傳播愛滋病毒的風險。整個測試過程，只需約二十分鐘就可以獲得初步結果。

### 甚麼是快速測試及如何進行？

- 快速測試是檢驗愛滋病毒感染的方法。
- 先用刺針在指頭作穿刺，取一小滴血液，約二十分鐘後便有結果。



- 愛滋病快速測試的結果分為**陰性(-ve)**和**陽性(+ve)**反應。任何陽性結果都必須再進行靜脈抽血，送往化驗所作確診。

**愛護你的嬰兒，保護自己，請接受產前愛滋病測試。及早發現，對妳及你的嬰兒都有好處！**

**如果你對產前愛滋病測試或愛滋病存有疑問，請與醫生或護士查詢，或致電愛滋熱線27802211與輔導員聯絡，作進一步的了解。**

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