

**Here are some other phone numbers you can call:**

National HIV/AIDS hotline: (800) 342-243 (English)  
National HIV/AIDS hotline (800) 344-7423 (Español)  
Project Inform (800) 822-7422  
California AIDS hotline (800) 367-2437  
San Francisco AIDS/HIV nightline:  
5p-5a (415) 434 -AIDS  
Suicide Prevention: (415) 781-0500  
HIV Assessment and Prevention Service (415) 206-8972

**Your follow-up appointment:**

**Date:** \_\_\_/\_\_\_/\_\_\_\_\_

**Time:** \_\_\_\_\_

**Location:**

BAPAC office  
SFGH Main Hospital  
1001 Potrero Avenue  
6th floor, Room 6D-33  
(415) 206-8919

Stanley Jackson Clinic  
995 Potrero Avenue  
Building 80, 1<sup>st</sup> floor Blue Team  
(415) 206-5680

Please call if you can not make your appointment or need to reschedule.



## **You just received difficult news.**

Everyone reacts differently to this news. We hope that this information helps answer some of your questions.

## **What does a positive rapid HIV test mean?**

If you test positive on a rapid HIV test it means that you **MAY** be HIV positive.

Because we have these test results **NOW**, treatment can be given to you and to your baby to reduce the chance of your baby getting HIV, in case you have HIV infection.

Your blood sample will now be tested using a different, follow-up test to give a more definite answer. This test takes about a week.



## **Where should I go if I have more questions?**

Waiting and wondering is hard.  
You may have trouble thinking.

Remember that **ANYONE** can get HIV!  
Having HIV does **NOT** mean that you are a bad person!!!

## **BAPAC is here to help you.**

You can get information privately over the phone.

If you just need to talk, we will be happy to meet with you.

### **Phone numbers for BAPAC:**

Cynthia Feakins, Nurse Practitioner (415) 206-3631  
Rebecca Schwartz, Social Worker (415) 206-4240  
Sharon Gambles, Peer Advocate (415) 206-4472  
Gloria Fisher, Patient Coordinator (415) 206-8919



If the 2<sup>nd</sup>, follow-up HIV test is negative,  
you might be in the early part of HIV infection OR  
you don't have HIV.

The HIV test for adults shows positive only after your body has responded to the HIV virus, and this can take up to a few months. Usually by three months, your defense system makes "antibodies" against HIV. The HIV test looks for these antibodies. If your body hasn't made antibodies yet, the test will be negative, even though you have HIV.

To help to see if you are in the early part of infection, you will have a blood test to look for HIV virus in your blood. Some other tests may be done to give more information. These tests may take about two weeks.

You will also take another HIV antibody test in one month. Most people will test "positive" three months after HIV enters the body. Sometimes it can take up to six months for the test to be positive.

At your appointment you can talk with your doctor about your tests and when it would be best to take another HIV test.

## **What will happen to me on Labor and Delivery?**

Your doctors will provide care to you to help to reduce the chance of passing the HIV virus to your baby.

This will include a combination of IV (through the vein) and oral medication given to you while you are in labor. The good thing about having this combination is that your baby will get medication to help prevent HIV infection while he or she is being born.

Some women may be able to reduce the chance of passing HIV by having a cesarean delivery if they are not in labor and haven't broken their bag of water. Your doctors will let you know if this might be helpful for you.

## **What will happen to my baby?**

After your baby is born, he or she will get liquid medicine (by mouth) to reduce the chance of HIV infection. If your baby can't take liquids, medicine can be given in an IV (through the vein).

Your baby will have tests to check for HIV. You will be asked to sign a paper so the tests can be done.



### **Can I breastfeed?**

You should not breastfeed now. If you have HIV, your baby can get the infection from your milk.

To give your baby the best chance of not getting HIV, you should give your baby a bottle (formula) until you know the final results of the 2<sup>nd</sup> HIV test being done now.

If you would like to get your milk flowing, you can pump your breasts and throw out the milk while you are waiting for the test result. When your test comes back you can talk with your doctor about how best to feed your baby.

### **How do I find out my HIV results for sure?**

You will have an appointment in about a week. That is when the final test result will be given to you.

If the results on the follow-up test are also positive, this means you have HIV infection in your body. More blood tests will help you to know if the HIV virus is making your body's defense system weak, and will help you and your health care provider to decide if medicine will help you to be healthy.

Some people have a healthy defense (immune) system even when they have HIV and don't need medicine.

Every few months you will take blood tests to see if your body needs medicine. When you are taking medicine, the tests will show how well the medicine is working for you.

