

FREQUENTLY
ASKED
QUESTIONS

MNCH / PMTCT



When should I start attending ANC clinic?

You should start attending ANC as soon as you suspect you are pregnant.



Is it important for me to go to the ANC if I don't have any problem?

It is very important to attend ANC during pregnancy even if you don't have a problem to monitor the growth and development process of your baby as well as the health of you, as the mother during the whole pregnancy period. If there is a problem, the health care provider will identify it and help in a timely manner.



What type of examination and tests will be performed on me at the ANC clinic?

Examinations performed on a mother during the different stages of pregnancy range from:

- Monthly head to toe physical examinations, palpation of the abdomen to monitor the growth, lie and presentation of the baby
- Urine testing for bacteria to rule out any urinary tract infections
- Urine testing for protein, sugar & blood to rule out dangerous conditions such as Pre-eclampsia, Diabetes
- Ultrasound before 24 weeks to rule out any birth defects, check placenta lie, confirm gestation to inform management



Will the doctor at the hospital inquire on who made me pregnant?

Yes. The doctor at the hospital will ask for relevant information to fill in the register and clinic card.



How many times am I required to go to the clinic before give birth?

Once you suspect you are pregnant. Ideally one should begin at 12 weeks or below, and make 8 or more visits as recommended.



How often do I need to go to the hospital for ANC?

You should go for **monthly ANC attendance until delivery** or as guided by your health care provider.



Can I visit the hospital before my return date if I have a problem?

Yes. When you are pregnant or breastfeeding, any time you realize you are not feeling well or you notice something that is not normal on your baby or yourself, it is important to **urgently visit a health facility for specialized counsel and care if possible.**



What happens to me if I fail to go to the clinic on my return date?

If you fail to go to the clinic on your return date, you will not be penalized at all. Services that were required to be given to you at that time, will be offered during this current clinic visit and your clinic card updated accordingly.

Ensure you keep your clinic appointments for your wellbeing and the wellbeing of your baby.



Am I required to carry any document like a marriage certificate to hospital to be allowed to attend ANC?

Yes. Please carry your National Identification card for ease of access to services at any government hospital offering ANC services.



Do I need the permission of my partner in order to have a HIV test?

As an individual according to the Kenyan Constitution, if you are above 18 years of age, you do not need the permission of anybody including your partner to take a HIV test.



How much does a HIV test cost?

In Kenya an HIV test is **free** of charge.



How many days does it take to receive my HIV result after testing?

After taking a HIV test, you will get your HIV results within 15 minutes, on the same day.



What do I do when I test Positive for HIV?

Your healthcare service provider attending to you **counsel you on the next steps in-terms of care and treatment**, including running any required laboratory tests and **starting you on ARV treatment.**



Will my pregnancy be terminated when I test positive with HIV?

No. According to the Kenyan Constitution, every child has a right to live, therefore nobody is allowed to terminate a pregnancy even if the mother is HIV positive.



✓ Is it possible to get a normal baby if I am HIV positive?

Yes. Being HIV positive will not hinder your baby from growing normally inside your womb and with **adherence to Ante-retroviral medicines during pregnancy**, chances that your baby will be born without HIV infection are very high.

✓ Is it possible to give birth to a HIV negative baby if my sexual partner and I are both HIV positive?

Yes. It is possible to get a HIV negative baby even if both of you are HIV positive. The most important thing for both of you to do once you test HIV positive is to *strictly adhere to the guidance and instructions from your health care provider on safer sexual practices during pregnancy, adherence to Ante-retroviral medicines, give birth at the health facility, take and administer HIV medicine to the infant as instructed, exclusive breastfeeding for the first 6 months of the baby's life, good nutrition for the mother, adequate rest and adherence to MNCH/HIV clinic appointments.*

✓ Can I get pregnant again once I have HIV positive with the current pregnancy?

Yes. If you adhere to your health provider's advice on **self-care, healthy lifestyle, proper use of your Ante-retroviral**, information on reproductive care services and correct consistent use of condoms, you will have children who are HIV negative even if you and your sexual partner are HIV positive.

✓ What will I tell my husband if I test HIV positive during my ANC visit?

If you test HIV positive to a HIV test during your ANC clinic attendance, your health care provider will counsel you on how you will share the HIV positive information with your significant other.

✓ Are there special hospitals where pregnant women living with HIV deliver?

No. In Kenya there are no special hospitals for HIV positive people. According to the Kenyan Constitution, every Kenyan has the right to information, services and health care commodities at any government health facility.

✓ Can my Traditional Birth Attendant who has assisted me in my previous deliveries, still help me deliver when I test HIV positive during the current pregnancy?

No. When you turn HIV positive during pregnancy, it is important to give birth at the health facility because your baby will be delivered in a **skilled and professional way by a trained health care provider.**

✓ When I test positive for HIV, how do I take care of my baby after delivery?

It is important for every pregnant mother, including those who are HIV positive to give birth at a health facility. If you are HIV positive, you will be advised by a health care provider on how to take care of yourself and your baby and receive Anti- retroviral medicines for you and your baby.



Will my child be allowed in school if s/he tests HIV positive?

Yes. Your child will be allowed in school if he/she tests HIV positive because being HIV positive is not a disability in any way, this is a normal child like any other child.



Are there special schools for children who are living with HIV?

No. There are no special schools for children living with HIV. According to the Kenyan Constitution every person has a right to attend any school in Kenya like any other child.



What kind of medicine is given to a child living with HIV?

A child born to a HIV positive mother or both father and mother who are HIV positive should be started on Anti retroviral and other related drugs as prescribed and instructed by their service providers at birth



Can I continue having sex with my partner if he is HIV positive while I am HIV positive and vice versa?

Yes. . Your service provider will provide you with condoms and guidance on how to correctly use them.



Is it important to tell my children and partner that I tested HIV positive during my ANC visit?

It is **very important to share your HIV positive result with your significant few** because they will play a crucial role in providing you with psychosocial, emotional, physical, financial and spiritual support

NUMBERS TO CALL:

1199 Red Cross | Call 1190 - LVCT (For General Counselling Services)
Call 116 (Child Help Line) | Call 911 / Call 112 (Police)