

ART for pregnant women

Recommendations

When to Start:

1. Start ART in all pregnant women with HIV and CD4 count ≤ 350 cells/mm³, irrespective of clinical symptoms. **(Strong recommendation, moderate quality of evidence)**
2. CD4 testing is required to identify if pregnant women with HIV and WHO clinical stage 1 or 2 disease need to start antiretroviral treatment or prophylaxis. **(Strong recommendation, low quality of evidence)**
3. Start ART in all pregnant women with HIV and WHO clinical stage 3 or 4, irrespective of CD4 count. **(Strong recommendation, low quality of evidence)**

What to Start:

4. Start one the following regimens in ART-naïve pregnant women eligible for treatment. **(Strong recommendation, moderate quality of evidence)**
 - AZT + 3TC + EFV
 - AZT + 3TC + NVP
 - TDF + 3TC or FTC + EFV
 - TDF + 3TC or FTC + NVP
5. Do not start EFV during the first-trimester of pregnancy. **(Strong recommendation, low quality of evidence)**