

## Contraception and ARV

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Using condoms with water-based lubricant when you have sex with a man prevents HIV transmission, protects you from unwanted pregnancy and from most sexually transmissible infections.

But what if your partner is positive? What if you forget to use one, or if it slips off or breaks?

Women with HIV, like other women who are sexually active with men, benefit from being able to choose from a range of contraceptive options.

Condoms and lubricant provide an effective barrier against HIV transmission and against other sexually transmissible infections that can affect your sexual health, but in some instances you may need other options either for emergency contraception, or as an alternative to condoms.

Contraceptives prevent pregnancy in a variety of different ways, and these can be divided into four broad groups: Barrier methods, devices that are inserted into the womb (intrauterine), hormonal contraceptives and surgical interventions.

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### Links:

[1] <http://www.napwa.org.au/resource/treat-yourself-right/contraception-and-arv/barrier-methods>

[2] <http://www.napwa.org.au/resource/treat-yourself-right/contraception-and-arv/sex-between-hiv-positive-couples>

[3] <http://www.napwa.org.au/resource/treat-yourself-right/contraception-and-arv/hormonal-contraception>

[4] <http://www.napwa.org.au/resource/treat-yourself-right/contraception-and-arv/surgical-options>

[5] <http://www.napwa.org.au/resource/treat-yourself-right/contraception-and-arv/making-your-choice>

[6] <http://www.napwa.org.au/resource/treat-yourself-right/sex/low-libido-sex-drive>

[7] <http://www.napwa.org.au/resource/treat-yourself-right>