

Table 7.3 Programme options for ART for PMTCT

National PMTCT programme option	Pregnant and breastfeeding women with HIV		HIV-exposed infant	
	Regardless of WHO clinical stage or CD4 cell count		Breastfeeding	Replacement feeding
Use lifelong ART for all pregnant and breastfeeding women ("Option B+")	Initiate ART and maintain after delivery and cessation of breastfeeding		6 weeks of infant prophylaxis with once-daily NVP	4–6 weeks of infant prophylaxis with once-daily NVP (or twice-daily AZT)
Use lifelong ART only for pregnant and breastfeeding women eligible for treatment ("Option B")	Eligible for treatment ^a	Not eligible for treatment ^a		
	Initiate ART and maintain after delivery and cessation of breastfeeding ^b	Initiate ART and stop after delivery and cessation of breastfeeding ^{b,c}		

^a CD4 count ≤ 500 cells/mm³ or clinical stage 3 or 4 disease at the time of ART initiation or in accordance with national guidelines.

^b Patients who develop clinical or laboratory criteria indicating failure during pregnancy or the breastfeeding period should be assessed for second-line therapy.

^c In the case of breastfeeding stop ART one week after breastfeeding ends. In the case of replacement feeding stop ART after delivery.