

## B positive

*Looking after your hepatitis B after pregnancy*

Hepatitis B can be well managed.

**Make sure you look after yourself, as well as your baby.**

Even if you feel well and have no symptoms, it is important to have ongoing 6-12 monthly liver check-ups to see if treatment is required.

Get your family and those living with you tested and vaccinated.



### For more information

- **Ask your doctor or midwife**
- **Hepatitis Victoria**  
Website: [www.hepvic.org.au/mumstob](http://www.hepvic.org.au/mumstob)  
Email: [admin@hepvic.org.au](mailto:admin@hepvic.org.au)
- **Hepatitis Infoline: 1800 703 003**

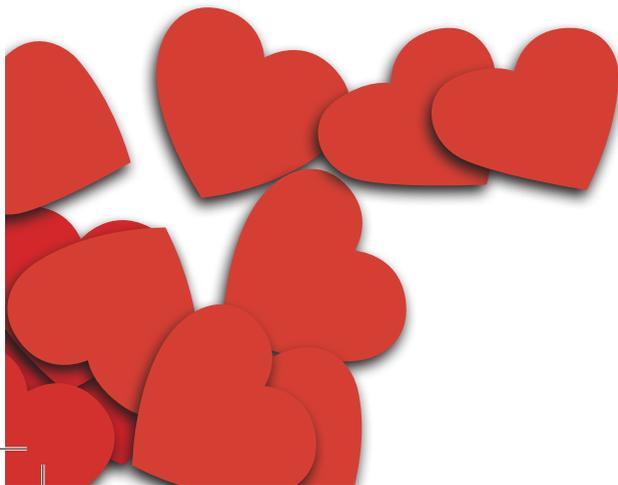
 Translating and Interpreting Service: **131 450**

**HEPATITIS VICTORIA**  
In collaboration with



**Mums to B**  
Care for mums with hepatitis B

**HEPATITIS VICTORIA**



## Did you know...

- Untreated, hepatitis B is a major cause of liver cancer.
- People from some migrant communities are at higher risk of hepatitis B and hepatitis B-related liver cancer.
- Hepatitis B is most commonly transmitted from mother to child at birth.
- 90% of babies that are exposed to hepatitis B at birth will develop chronic (lifelong) hepatitis B.

You can prevent your baby from getting hepatitis B by following the next steps.

## B informed

*Extra care for mums with hepatitis B*

### During pregnancy

Ask your doctor for a referral to a Chronic Hepatitis Clinical Service for full assessment of your hepatitis B and to discuss the best management during pregnancy.

Ask your doctor to check your viral load (amount of virus circulating in your body). If it is high, treatment may be recommended to better protect your baby.

### At birth

Make sure your baby receives:

✓ **1<sup>st</sup> dose of the hep B vaccine**

All babies should receive the first dose of the hepatitis B vaccine at birth. Hepatitis B vaccine is safe and gives lifelong protection to your baby.

✓ **A dose of Hepatitis B Immunoglobulin (HBIG)**

All babies born to mothers with hepatitis B must also receive an injection of HBIG within 12 hours of birth.

When correctly administered, the hepatitis B vaccination and HBIG reduce the risk of transmission by 90%.

**Ensure your baby receives both injections (hepatitis B vaccine + HBIG) at the same time.**

### After the birth

Ensure your baby receives the hepatitis B vaccine series on time:

Baby's age:	Your baby should receive:
At birth	1 <sup>st</sup> dose of hep B vaccine + HBIG
2 months old	2 <sup>nd</sup> dose of hep B vaccine
4 months old	3 <sup>rd</sup> dose of hep B vaccine
6 months old	4 <sup>th</sup> dose of hep B vaccine
9-18 months old	Hepatitis B blood test to confirm your child is protected

Breastfeeding is considered safe. There is no evidence of hepatitis B transmission through breastfeeding. If you have concerns speak to your doctor.

