


# Moms with HBV You're important too!

 Remember to get screened for liver disease

You probably have no symptoms and feel healthy, but are still at increased risk for liver damage or liver cancer. However, regular screening and appropriate antiviral treatment can reduce this risk and help you lead a normal, healthy life. Ask your doctor for the following tests:

Every	Test	Screens for
6 months	ALT blood test	liver damage
	AFP blood test	liver cancer
1 year	HBV DNA level	viral load
1 year	ultrasound	liver cancer

 Receive antiviral treatment if indicated

Not every person with chronic HBV infection needs treatment. But if your ALT level is elevated, treatment with oral antiviral medication will prevent liver damage and reduce the risk of liver cancer.

Be sure to review all medications with your doctor. Even some over-the-counter or herbal medications can injure your liver.

 Get the hepatitis A vaccine

 Avoid drinking alcohol

 Protect your loved ones

Make sure your family and partner are tested for HBV, and vaccinated if they are not already protected. Your local health department may contact you to ensure your baby is fully protected against HBV.

## Unite against HBV



Jade represents good health and longevity. The Jade Ribbon spreads awareness and supports people worldwide living with chronic hepatitis B and liver cancer.



**Asian Liver Center  
at Stanford University**

780 Welch Road, CJ 130  
Palo Alto, CA 94304  
Tel: 888.311.3331  
Fax: 650.736.8001  
liver.stanford.edu  
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Hepatitis B  
&  
Moms-to-Be



## HBV and Moms-to-Be

- ♥ Hepatitis B (HBV) is the most common serious viral infection of the liver, and can lead to premature death from liver cancer or liver failure.
- ♥ In the U.S., approximately 10-15 people die every day as a result of HBV infection.
- ♥ Hepatitis B can be transmitted from an infected mother to her child during the birthing process.
- ♥ Newborns who become infected with HBV have a 90% chance of developing chronic (lifelong) infection.

Fortunately, HBV can be prevented with a very safe and effective vaccine.



Ask your doctor for the results of your HBV test

Most people with chronic HBV infection have no symptoms. As an expecting mother, you should have already been tested for HBV with the following blood test:

- ♥ **Hepatitis B surface antigen (HBsAg):**  
Tells if you have chronic hepatitis B (also known as being a hepatitis B carrier).

Protect yourself and your baby with the first "anti-cancer vaccine"



If you have not been infected, get vaccinated

Hepatitis B can still be transmitted through unprotected sex and contaminated blood (sharing toothbrushes, razors, or needles for tattoos/piercings).

The 3 shots given over 6 months are safe, even during pregnancy. The hepatitis B vaccine is so effective in preventing HBV and liver cancer that it is known as the first "anti-cancer vaccine."



Make sure your baby is vaccinated at birth

Since 1991, U.S. national guidelines have recommended that all newborns be vaccinated against HBV. The 3 shots can protect your baby for life against hepatitis B, reducing the risk of liver cancer and liver damage in the future.

Time	Infant should receive
At birth	birth dose of hepatitis B vaccine
1-2 months	2nd dose of hepatitis B vaccine
6 months	3rd dose of hepatitis B vaccine

The vaccine is safe, even for premature babies.



Take extra precautions if you are a mom with HBV



During pregnancy:

Protect yourself. Ask your doctor to monitor your ALT blood test for liver damage and HBV DNA level, and refer you to a liver specialist for further evaluation. Pregnant women with HBV DNA level over 200,000 IU/ml are recommended to receive tenofovir antiviral therapy starting at 28 weeks of pregnancy to reduce the risk of mother-to-child transmission of HBV.

**Cesarean sections** (C-sections) have not been found to prevent HBV transmission from mother to child.



After your baby is born:

In addition to the first shot of the hepatitis B vaccine, make sure your newborn receives the hepatitis B immunoglobulin (HBIG) shot.

Time	Infant born to mother with HBV should receive
At birth	birth dose of hepatitis B vaccine and hepatitis B immunoglobulin (HBIG)
1-2 months	2nd dose of hepatitis B vaccine
6 months	3rd dose of hepatitis B vaccine
9-12 months	HBsAg and anti-HBs* tests to confirm that your child is protected

\* The hepatitis B surface antibody (anti-HBs) blood test checks for protection against HBV.



In the first 6 months:

It is critical for your child to complete the hepatitis B vaccine series on time. This will be more than 95% effective in protecting your newborn against HBV infection.

**Breastfeeding** is safe if your baby received the hepatitis B vaccine and HBIG at birth. HBV is not transmitted through breast milk.