

Take Your HIV Medicine Correctly

8

Tips to Help You

Shirley, living with HIV since 1987

Staying adherent to your HIV medication can be difficult. That's why it's important to get off to a good start when you begin your treatment. Missing even one dose a month can make treatment less effective. Proper planning is important for success.



1

Take Your Medications at the Same Time Every Day.

Make it part of your routine. For example, if your medical provider prescribes taking your medicine every morning with food, make it a habit to take it at breakfast.

2

Keep All Your Medical Appointments.

It is important to take care of your health. Form a good relationship with your doctor. Appointments give you the chance to talk openly to your provider about any adherence challenges or treatment concerns. You and your provider have the same goal— **TO KEEP YOU HEALTHY.**

3

Use A Pill Box to Organize Your Medicine.

A pill box will help you keep track of exactly which doses you have taken. You can buy pill boxes set up for 7 days, 14 days, or 28 days.

4

Keep A Daily Log.

Record each time you take your medicine. Note any side effects or reasons for missed doses to problem-solve with your provider.

5

Download An App to Your Phone.

There are apps for smartphones that are designed to support you taking your medicine exactly as prescribed. Use an app to set dose reminders and keep track of your medicine.

6

Plan Ahead For Changes in Your Daily Routine.

Carry an extra dose of your medicine, so you will have it when you work late, travel, or spend the night away from home.

7

Set Up Automatic Refills at Your Pharmacy.

Your medicine will be ready when you need it, and you won't run out.

8

Ask Others for Help.

Join a peer support group to connect with people taking HIV medicine and learn from their experiences. Ask family members and friends to encourage and remind you to take your medicine.

Talk to your provider about the importance of taking your HIV medication every day.

For more information go to: <http://www.cdc.gov/hiv/living/index.html>

National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention

Division of HIV/AIDS Prevention

