

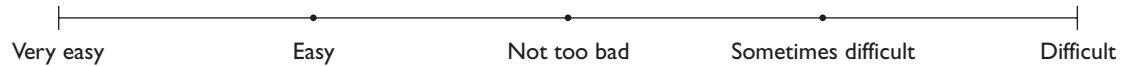
Taking your HIV medicines: How's it going?

HIV medicines can help save your life, but they also can be hard to take. These questions can help you work with your healthcare provider if you are having a hard time taking your medicines as you should. There may be ways to make your HIV treatment easier.

NAME _____ DATE _____

1 Is it hard for you to take your HIV medicines the way your healthcare provider told you to? Yes No

2 How hard are your HIV medicines to take? Mark an X on the line below.



3 If you miss a dose, is it in the morning, evening, or middle of the day?

Morning Evening Middle of the day I don't forget or skip doses

4 Do you ever skip a dose because the medicines make you feel bad? Yes No

5 Do you ever go a day without taking your HIV medicines?

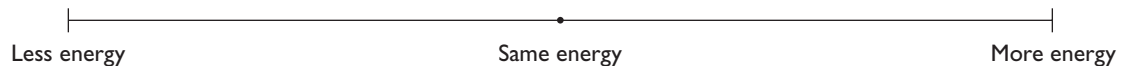
Yes; why? _____ No

6 Do you ever have any of these possible side effects?

Side effect	How many times a month?	How long have you had this side effect?	How much does it affect your daily activities? 0=none; 1=somewhat; 2=always
Feeling sick to my stomach			
Vomiting			
Diarrhea			
Headache			
Feeling tired			
Rash			
Shortness of breath			
Trouble sleeping			
Change in skin color			
Bad dreams			
Nervousness			

7 Has your energy changed since you started taking your current HIV medicines?

Mark an X on the line below.



8 Are you concerned that the HIV medicines you are taking now might cause either of these side effects?

Weight loss in the arms, legs, buttocks, or face Yes No

Weight gain in the upper back and neck, breast, or trunk Yes No

9 Would you be interested in talking to your healthcare provider about whether a change to your HIV regimen is right for you? Yes No

10 If you could change one thing about your HIV treatment, what would it be?

Use your answers to talk to your healthcare provider.