

# Taking your HIV meds: How's it going?



These questions can help you work with your healthcare provider if you are having a hard time taking your meds 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 meds the way your healthcare provider told you to?  Yes  No
2. How hard are your HIV meds to take? Mark an X on the line below.

|-----X-----|  
 Very easy                      Easy                      Not too bad                      Sometimes difficult                      Difficult

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 your meds make you feel bad?  Yes  No
5. Do you ever go a day without taking your HIV meds?  
 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 meds?  
Mark an X on the line below.

|-----X-----|  
 Less energy                      Same energy                      More energy

8. Are you concerned that the HIV meds 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 torso  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?

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Use your answers to talk to your healthcare provider.