

Why People Miss Their Doses



5

Reasons

Andrew, living with HIV since 1995

It's normal to run into challenges with taking your HIV medicine. But, even missing one dose a month can make your medicine less effective. The good news is that there are ways to help you take every dose, every day. What's your challenge?

1

I Forget.

Pick something you do at the same time every day, like watching your favorite TV show or brushing your teeth, and take your medicine at that time every day. Set an alarm on your watch or phone. Download a smartphone app to set up reminders and track doses.

2

I Feel Sick From the Side Effects.

It's tempting to skip a dose when your medicine makes you feel bad. But, don't stop taking your medicine. Call your medical provider if you develop any side effects. Most side effects go away within a few weeks. Your provider can recommend ways to manage your side effects.

3

My Treatment Plan is Too Complicated.

Fill a pill organizer at the start of the week with each dose of your medicine. Keep it where you can see it. Ask your medical provider to help you understand what medicine to take, when to take them, and how (for example, with or without food).

4

I Feel Overwhelmed Doing This Alone.

It's okay to ask for help. Your healthcare team is there to support you. Talk with them about the challenges you face so they can work with you to find solutions. Join a support group or reach out to family or friends you trust. Ask for help with tasks, like calling you for regular check-ins, going to the pharmacy to pick up your medicine, or just listening.

5

I Can't Afford to Pay for My Medicine.

There are public and private drug assistance programs that can help pay for your HIV medicine. Ask your HIV case manager or counselor to explain these programs and help you apply for assistance.

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

