

The basics

Taking drugs on time



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This leaflet can be viewed in large format as a PDF.
Call NAM on 020 3242 0820.



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Notes

What will happen if I do not take the drugs on time?

- If you miss more than one dose a month, there is an increased risk that your treatment will stop working.
- There will be more HIV in your body. This will weaken your immune system.
- Some of the new HIV will be 'resistant' to anti-HIV drugs. In other words, the drugs won't work as well.
- You may need to change the anti-HIV drugs you take. The next set of drugs may not be as easy to take and could have more side effects.

Want to find out more?

For more information on this topic:

- read NAM's fact sheets 'Adherence', 'Adherence tips' and 'Late drug doses'
- read Terrence Higgins Trust's booklet 'Your treatment', or
- speak to an adviser at THT Direct (phone: 0808 802 1221).

For more information about HIV

You can get free fact sheets, booklets, email bulletins and a newsletter from our website at www.aidsmap.com/resources. You can get answers to common questions at www.aidsmap.com/hiv-basics and find local services at www.aidsmap.com/e-atlas.

Contact us by calling 020 3242 0820 or by sending an email to info@nam.org.uk

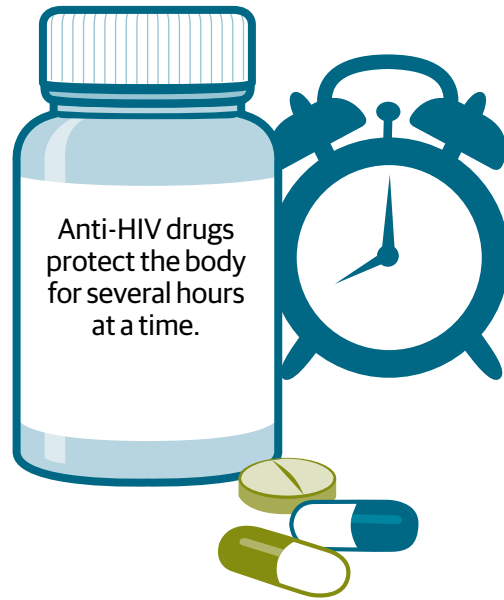
Has this resource been useful to you?

Please let us know what you think by visiting our website at www.aidsmap.com/feedback, phoning us or sending an email to info@nam.org.uk. Your feedback helps us to improve the services we offer you.

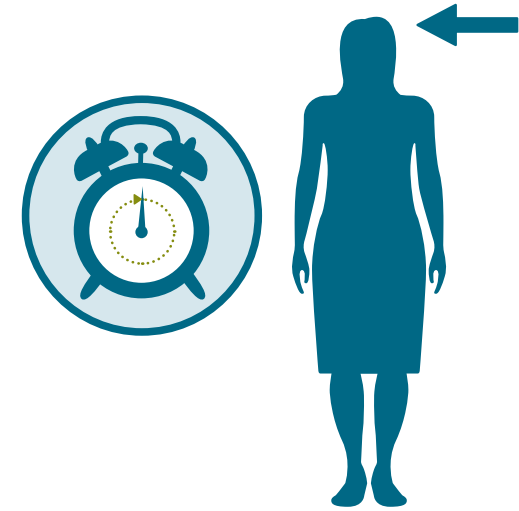
You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

We recommend that you discuss the information in this leaflet with a doctor or other health worker.

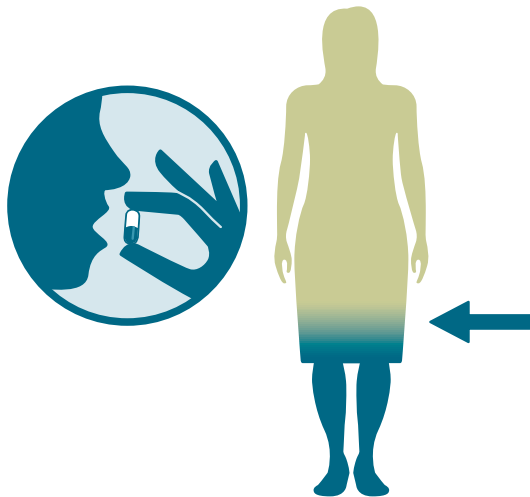
For HIV treatment to work well, you need to always take your pills at the right time, without missing any doses.



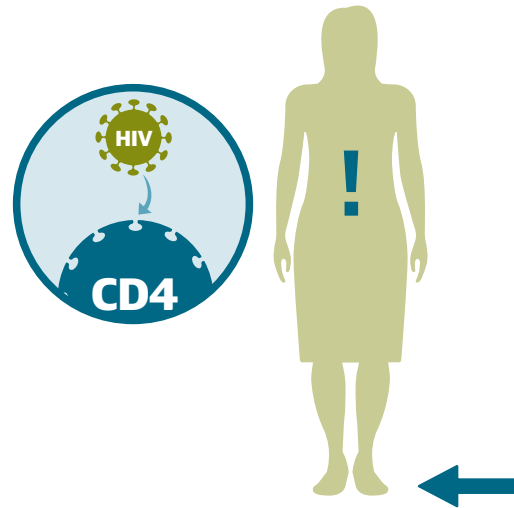
1 It's essential to take all your doses of HIV treatment at the right times and in the right amounts. For example, if you need to take your anti-HIV drugs twice a day, one dose will be powerful enough for around twelve hours.



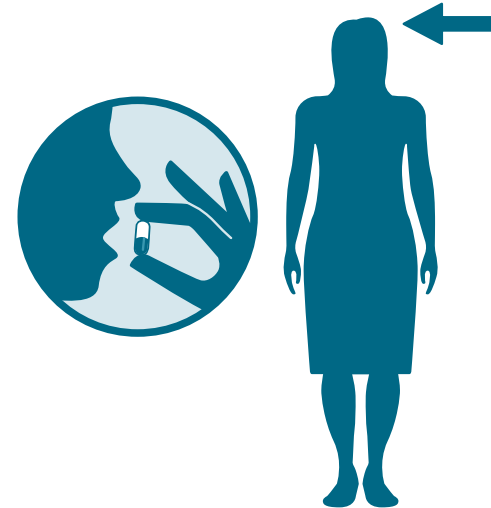
2 You need to take the next dose **before** the last one is completely out of your body.



3 If you take it **late**, that means there **won't be enough** of the drugs in your body for some time. HIV will infect new cells.



4 But if you take the dose **on time**, there will still be enough of the drugs in your body to **keep HIV under control**.



Important points

- It's essential to take all your doses of HIV treatment at the right times and in the right amounts.
- Taking anti-HIV drugs regularly will mean that there is always enough of the drugs in your body. This will keep HIV under control.
- Not taking drugs as prescribed can result in HIV being harder to treat in the future.