

# Dosing Matters:



## Getting the Most Out of Your HIV Regimen

Brought to you by your friends at Visionary Health Concepts. Owned and operated by HIV/HCV+ people and a team of affected community advocates.



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**1**

An anti-HIV drug "regimen" is a combination of anti-HIV drugs. They only work well as a team.



**2**

Dosing is how much of a drug you take, and how many times each day.

**3**

Anti-HIV medications are easier to take than ever before, but you need to think before just going with the "newest" thing.



**4**

Some regimens have lots of pills to take.



**5**

Some have very few pills. Sometimes there's more than one drug in each pill, which can cut down the total number you have to take.



**6**

Some pills are taken 3 times a day.



It's a lot easier to take pills just twice a day.



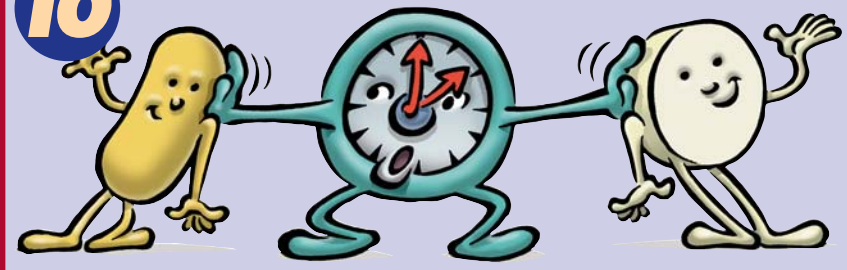
To register for more VHConcepts' programs, go to [www.freehivinfo.com](http://www.freehivinfo.com) or fax your info to 800-407-2505.



**7**

Sometimes your whole regimen can be taken just once a day!

**10**



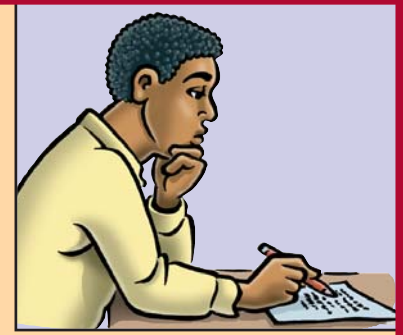
Some regimens contain all once-a-day drugs, but they might not all be taken at the same time. That's when once a day is not once a day, because you have to take your meds at two different times.

**13**

If once-a-day regimens won't solve our problems in taking an anti-HIV regimen the way we are supposed to, what will?

Ask yourself these questions:

- ✓ Do I believe I need to start taking meds or change the ones I'm taking?
- ✓ Is it hard to take any of my medications when and how I'm supposed to?
- ✓ Do I have a hard time swallowing a lot of pills?
- ✓ Have anti-HIV medicines failed me before and let my virus multiply?
- ✓ If I take time off from treatment, do I tell my doctor right away, or not until later, or not at all?



**8**

Once a day sounds better, but you still have to take every dose. If you miss one dose of a twice-daily regimen, you miss half your day's medication. But if you miss a once-daily dose, you miss 100%!

**9**

**Missing doses means more risk for treatment failure.**

**11**



It is hard to take any regimen every day the way you are supposed to. People do best when they believe they need the meds, pick a regimen that works for them, and get support to keep taking their meds.

**12**

Some people hope that a once-a-day regimen will make it easier to take their anti-HIV medications the way they are supposed to. That could just be wishful thinking.



People might not take once-a-day drugs any better than other regimens.

- ✓ Which side effects seem the worst to me?
- ✓ If a drug changes my mood or gives me vivid dreams, would that make it harder to stay sober?
- ✓ Do I drink alcohol often?
- ✓ Have I ever had hepatitis?
- ✓ Do my doctor and I have a back-up plan for what to do if my current regimen stops working?



Talk the answers over with your healthcare provider and choose the best anti-HIV regimen for you, and remember...

**Dosing Matters**