

Taking drugs on time / NAM.

Contributors

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the basics

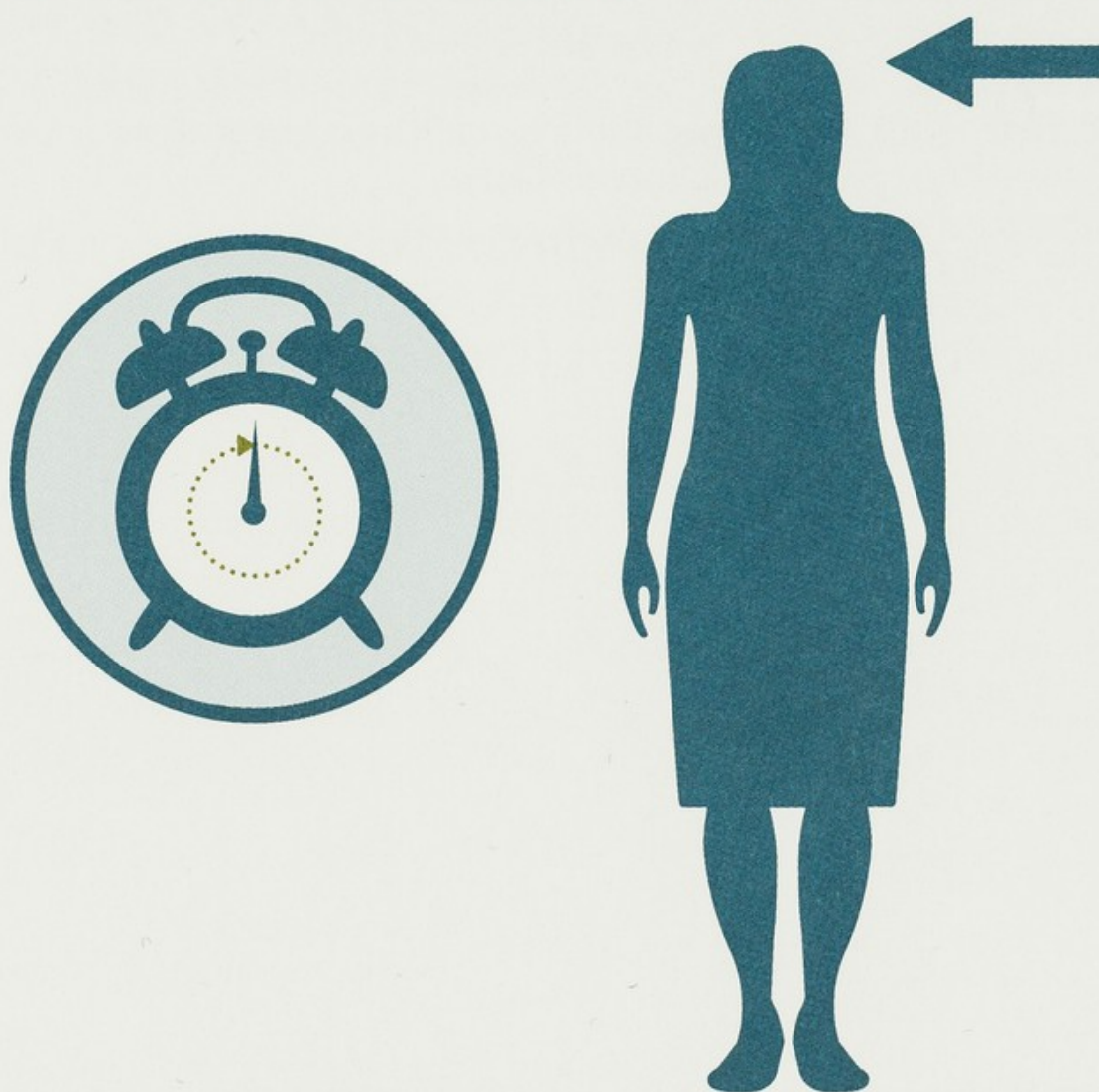
taking drugs on time



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



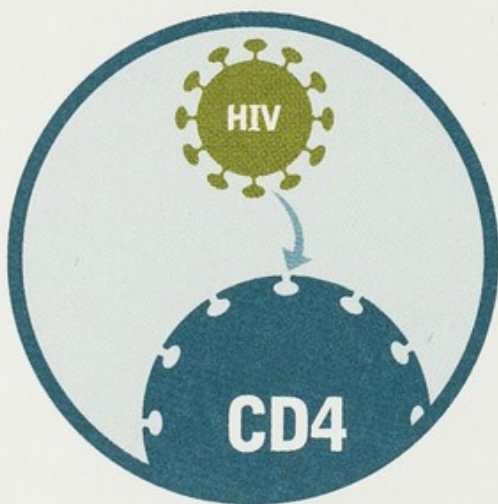
- It's essential to take all your doses of HIV treatment at the right times and in the right amounts. For example, if you need to take your anti-HIV drugs twice a day, one dose will be powerful enough for around twelve hours.



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



- 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.



● 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.

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.
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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: 0845 12 21 200).

For more information about HIV, NAM provides free fact sheets, information booklets, e-mail bulletins, a monthly newsletter, a comprehensive website (**aidsmap.com**) and a website specifically for people living with HIV (**namlife.org**).

Contact us by calling 020 7840 0050 or by sending an e-mail to info@nam.org.uk

Has this resource been useful to you? Please let us know what you think by visiting www.aidsmap.com/feedback, by phoning us or by sending an e-mail. Your feedback helps us to improve the services we offer you.

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