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NAM (Organisation)

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# Drug diary

Some people find drug diary sheets can help them remember to take treatments. It's very important when taking anti-HIV drugs that you don't miss doses or take them later than planned, as this can cause your treatment to fail. Keeping a drug diary may be a useful way of getting into a routine, particularly when starting a new course of treatment.

Ask your doctor or pharmacist to provide written information about your treatment when your drugs are dispensed. *The Wheel*, software freely available at NAM's website [aidsmap.com](http://aidsmap.com), can provide a personalised print-out featuring pictures of the drugs in your combination, a factsheet on how to take them, and a suggested pill schedule.

Fill in the name of each drug in your combination at the top of the box below (use another sheet if you are taking more than four drugs). Tick off each dose that you take opposite the day of the week. This form allows you to record up to three daily doses. If your combination is dosed less frequently you may want to cross out surplus dose columns to avoid confusion.

Today's date	Drug name:			Drug name:			Drug name:			Drug name:		
	Dose 1	Dose 2	Dose 3	Dose 1	Dose 2	Dose 3	Dose 1	Dose 2	Dose 3	Dose 1	Dose 2	Dose 3
Mon												
Tue												
Wed												
Thu												
Fri												
Sat												
Sun												
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Sun												

Notes:

## PLEASE PHOTOCOPY AND PASS ON

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