



### My meds are:

Put in the name and colour of your pills. If you get confused why not take a picture on your phone of the pills you take?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

	M	T	W	T	F	S	S
am							
pm							

Tick when you have taken them

# KEEPING MEDS GOING AND IT

With thanks to all the young people who worked on this leaflet and gave their time and advice



These leaflets are supported by Janssen  
PHGB/HIV/0214/0007d Date of Preparation: February 2014



## Why do we not take all our meds?

- Just forget
- Too many pills or too large
- They remind us about HIV
- Side effects
- No-one to remind us
- Fed up taking meds
- Just don't like taking them

## Talking really does help!

Lots of people find taking meds hard. Have you spoken to your clinic team, pharmacist, psychologist, health advisor? Have you met a **peer support worker**? - often another young person who also has to take meds and really understands.



## What can we do?

### Forgetting?

Try phone alarm, pill box, coded text service, family/friend as a medicine buddy, carry an extra dose with you.

### Too many pills/side effects?

Tell your clinic - they may be able to:

- Reduce your pills
- Help with side effects
- Even find other anti-HIV meds that suit you better