

Strategies to enhance discussions about medications with your healthcare providers

✓	Bring a list of all active medications with you to every appointment and review with your provider(s).
	Be sure to list and discuss all over-the-counter medications, herbals, supplements, vitamins, minerals, nasal sprays, inhalers, eye drops, ear drops, topical products and recreational substances with your provider(s) including your pharmacist to check for drug interactions.
	Ask your provider(s) or pharmacist about possible drug interactions with a new medication or over-the-counter supplement before you take it.
	Bring a list of all providers and specialists with you to every appointment and keep track of when your next appointments are scheduled.
	Keep a list or journal of any side effects, concerns or questions you have and talk about them with your provider(s) at your appointment.
	Research your health condition(s) and write down any questions to ask your provider(s).
	Review your lab results; write down any questions to ask your provider(s).
	Be sure to note and communicate with your provider(s) any time you start or stop a new medication.
	Note and discuss any specific goals or barriers to care at every appointment.
	Let your provider(s) know if you are having difficulty affording your HIV medication. Your provider(s) cannot help you if they do not know there is a problem.
	Be sure your address, contact information and emergency contacts are updated at each provider appointment.
	Request community resources or credible websites to find more information and support about your health condition(s).
	For some appointments, it may be helpful to bring all your medicines and/or medicine bottles to your appointment.
	Try to minimize the number of pharmacies you use. This will help coordinate refills as well as will ensure all new medications are checked in the same database for any possible drug interactions. Not all pharmacy systems are linked.
	Bring all active and available insurance information with you to every provider appointment and to the pharmacy, even if they don't usually ask for it or if you think they already have it.

Provider resources

DHHS Guidelines for Use of Antiretroviral Agents in Adults and Adolescents
clinicalinfo.hiv.gov/en/guidelines/adult-and-adolescent-arv

University of Liverpool HIV Drug Interactions
hiv-druginteractions.org

AIDS Education & Training Centers
aidsetc.org

Clinical Care Options HIV
clinicalcareoptions.com/HIV.aspx

Patient resources

Centers for Disease Control and Prevention
cdc.gov/hiv

The Body
thebody.com

POSITIVELY AWARE
positivelyaware.com

National AIDS Treatment Advocacy Project
natap.org