

Discuss with your doctor

Talking openly with your doctor can help you find an HIV-1 regimen that is best for you. Here are some questions to take to your next appointment to help get the conversation started.

GENERAL QUESTIONS TO ASK

- Can starting HIV-1 treatment help my immune system? How?
- Is taking HIV-1 medicines just enough for my HIV treatment?
- How can taking HIV-1 medicines benefit me?
- Can I take my medication whenever I want?
- Do I have to take my medication with food?
- I take medicine for other things, too. Can I still take this HIV medication?

ADDITIONAL QUESTIONS TO ASK IF YOU'RE CURRENTLY ON HIV-1 TREATMENT:

- If the new one isn't working, can I go back to my previous medication after I change HIV-1 medication?
- Will starting a new HIV-1 medicine affect my viral load?
- How is this new HIV-1 treatment different from the medication I am currently taking?
- Do other HIV-1 medicines need to be taken with or without food?
- How would changing my HIV-1 medicines impact the other medicines I'm taking?
- What side effects can I expect?

ADDITIONAL QUESTIONS TO ASK IF YOU'RE STARTING HIV-1 TREATMENT:

- Will taking HIV-1 medicine cure me?
- What are the benefits and risks of starting HIV-1 treatment?
- Will treatment affect my lifestyle?
- What should I do if I find it difficult to take my HIV-1 medicines?
- If I notice changes in my health while taking my HIV-1 medicines, what should I do?
- If I have any side effects, what should I do?
- If I start taking other medicines in addition to my HIV-1 medicines, what should I do?
- How should I take my HIV-1 medicines?
- Can I still give HIV-1 to others even after starting medicine?
- Are there any resources to help me deal with having HIV-1?
- How can I help protect my health, in addition to taking HIV-1 medicines?
- What do I do if I become pregnant?