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You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

If you need extra copies of this leaflet, or would like to translate, adapt or reproduce it, please get in touch.

For more information on this topic

- Read our 'Getting the most out of your HIV clinic appointment' page.
- Read our 'CD4, viral load & other tests' booklet.

Other titles in The basics series

- Eight ways to look after your health
- A healthy weight
- Undetectable viral load

For information in other languages

www.aidsmap.com/languages

For more information about HIV

- Visit our website www.aidsmap.com
- Speak to an adviser at THT Direct **0808 802 1221**

Please support us

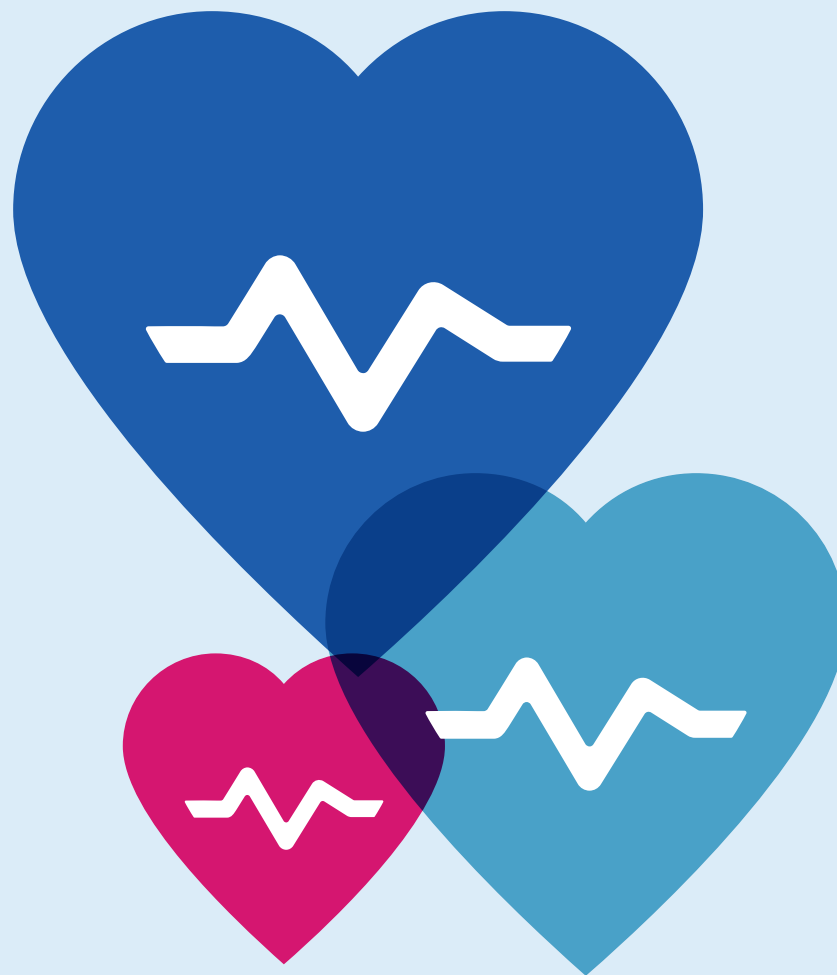
If you would like to support our work and help us to continue to provide resources like this one, please donate today at www.aidsmap.com/donate

Thanks to all of the professionals and people with HIV who have helped us to develop this leaflet.

We recommend that you discuss the information in this leaflet with a doctor or other health worker.

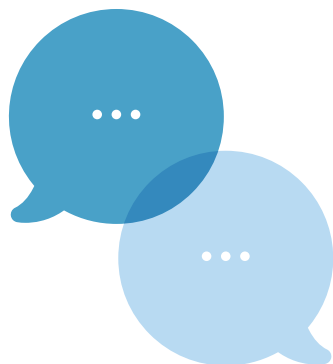
The basics

Health checks



Staff at your HIV clinic use various tests to keep an eye on your health.

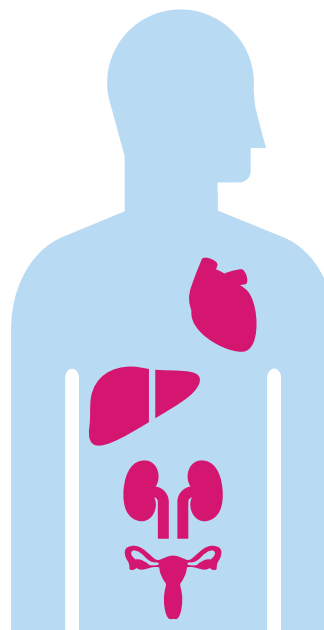
Many of these tests are done on samples of your blood or urine. Most will be done once a year, others more often.



Asking how you are
Giving you a chance to talk about any symptoms, side effects or worries you have.



Viral load
To find out how much HIV there is in your blood



Lipids
Making sure that fats in your blood aren't putting your heart at risk.

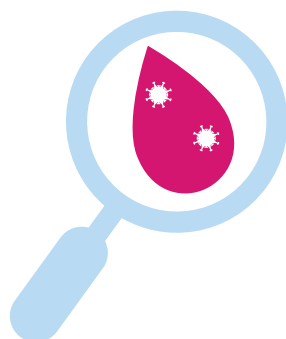
Liver
Making sure that your liver can process food and medicines correctly.

Kidneys
Checking that your kidneys can remove waste from your body.

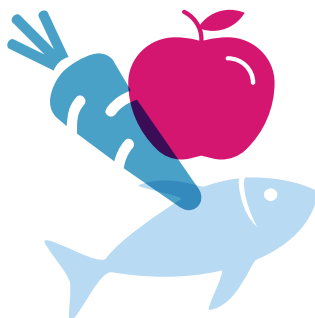
For women – cervical screening (smear test)
To reduce the risk of cervical cancer. This involves taking a sample of cells from the cervix (the opening of the womb) to check for abnormalities.



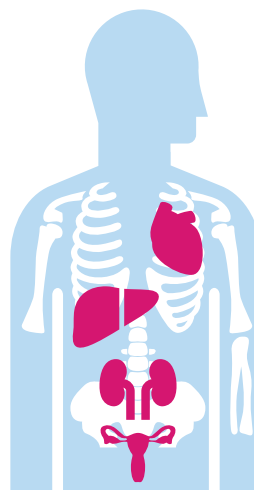
CD4 count
To see how strong your immune system is.



Full blood count
Details of your red and white blood cells. This gives lots of information about your health.



Glucose
To check that your body can get energy from food.



Bone density
To see how strong your bones are.



Sexual health
Checking for sexually transmitted infections. This may involve taking swabs from your genitals.

Important points

- It's important to go to your HIV clinic for regular check-ups.
- If everything is OK, your doctor won't always discuss the test results with you. But you can ask for more information.
- If you have particular symptoms or are unwell, other tests may be carried out.