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

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The basics

Taking drugs on time

For more information on this topic

- Read our 'Adherence tips' page.
- Read our 'Drug resistance' leaflet.
- Read our 'Taking your HIV treatment' booklet.

For information in other languages

- Visit www.aidsmap.com/languages

Other titles in The basics series

- Side effects
- Health checks
- How treatment works

For more information about HIV

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

Has this leaflet been useful to you?

Please let us know what you think. Your feedback helps us to improve the services we offer.

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

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



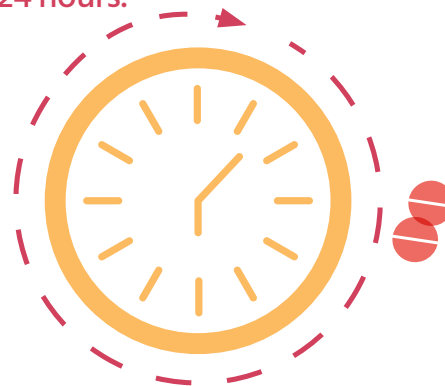
For HIV treatment to work well, you need to take your pills at the same time each day, without missing any doses.



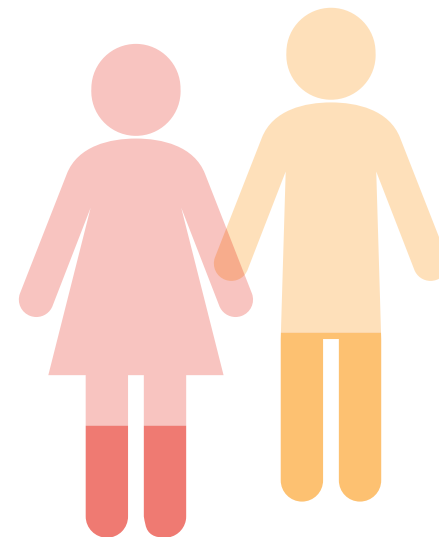
① Anti-HIV drugs protect the body for several hours at a time.



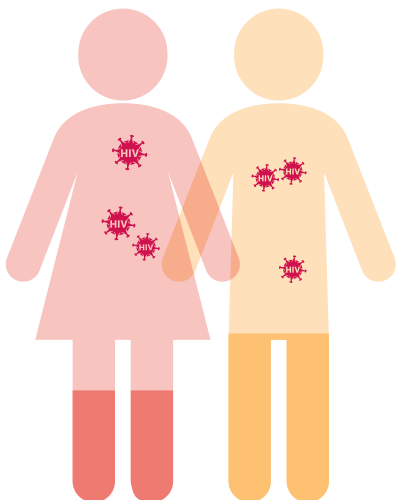
② It's important to take your doses of HIV treatment at the same time each day and in the right amounts. For example, if you need to take your anti-HIV drugs once a day, one dose will be powerful enough for around 24 hours.



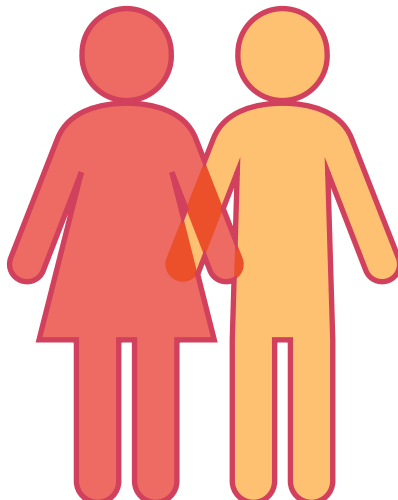
③ You need to take the next dose before the last one is completely out of your body.



④ If you take it late, that means there won't be enough of the drugs in your body for some time. HIV will infect new cells.



⑤ But if you take the dose on time, there will still be enough of the drugs in your body to keep HIV under control.



Important points

- It's important to take your doses of HIV treatment at the same time each day and in the right amounts.
- Taking anti-HIV drugs regularly will mean that there is always enough of the drugs in your body. This will keep HIV under control.
- Not taking drugs as prescribed can result in HIV being harder to treat in the future.

What will happen if I do not take the drugs on time?

- If you miss more than two or three doses a month, there is an increased risk that your treatment will stop working.
- There will be more HIV in your body. This will weaken your immune system.
- Some of the new HIV will be 'resistant' to anti-HIV drugs. In other words, the drugs won't work as well.
- You may need to change the anti-HIV drugs you take. The next set of drugs may not be as easy to take and could have more side effects.