

This sheet is designed to help you keep a note of the drugs you are currently taking. Use it to record any treatment you take, whether it has been prescribed by your doctor, or you have bought it yourself. By showing it to your HIV pharmacist or doctor every time you visit your treatment centre, you can help to avoid drug interactions which may be harmful.

Anti-HIV drugs

Tick any of the following anti-HIV drugs which you are currently taking:

Aptivus® (tipranavir)		Sustiva® (efavirenz)	
Combivir® (AZT+3TC)		Telzir® (fosamprenavir)	
Crixivan® (indinavir)		Trizivir® (AZT+3TC+abacavir)	
Emtriva® (emtricitabine , FTC)		Truvada® (FTC + TDF)	
Epivir® (lamivudine, 3TC)		Videx® (didanosine, ddl; CG)	
Fuzeon® (T-20, enfuvirtide)		Viracept® (nelfinavir)	
Invirase® (saquinavir tablet)		Viramune® (nevirapine)	
Kaletra® (lopinavir/r)		Viread® (tenofovir disoproxil, TDF)	
Kivexa® (abacavir + 3TC)		Zerit® (estavudine, d4T)	
Norvir® (ritonavir)		Ziagen® (abacavir)	
Retrovir® (zidovudine, AZT)			
Reyataz® (atazanavir)			

Other regularly prescribed medication

List any other treatments that you are taking on a regular basis, e.g. Septrin, Viagra, oral contraceptives:

Name of drug	How often taken	How many taken

Over-the-counter medication

List any treatments you are taking which you buy without a prescription:

Name of drug	How often taken	How many taken

Vitamins, minerals, herbs & supplements

List any of these types of therapies you are taking, e.g. anabolic steroids, carnitine:

Name of drug	How often taken	How many taken

Miscellaneous

List any other drug or therapy you have taken recently.

You may also choose to make a note of any recreational drugs you have taken.

You could keep this information secret by using a codeword which only you and your pharmacist know:

Name of drug	How often taken	How many taken

Warning: Do not take St John's Wort (hypericin) if you are also taking anti-HIV drugs.