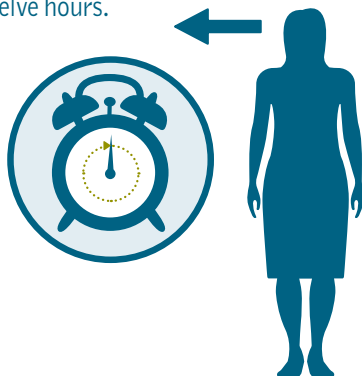


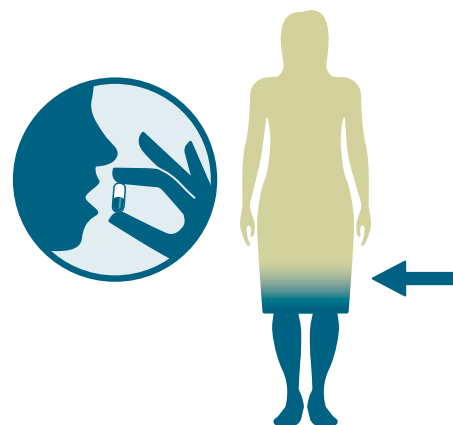
For HIV treatment to work well, you need to always take your pills at the right time, without missing any doses.



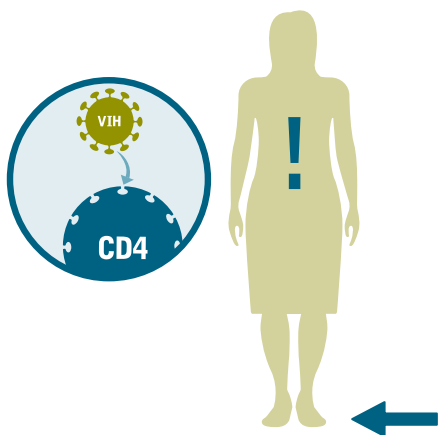
**1** It's essential to take all your doses of HIV treatment at the right times and in the right amounts. For example, if you need to take your anti-HIV drugs twice a day, one dose will be powerful enough for around twelve hours.



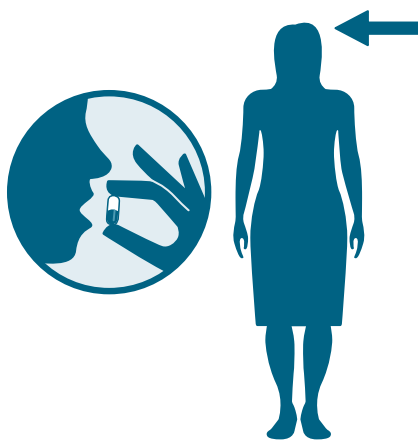
**2** You need to take the next dose **before** the last one is completely out of your body.



**3** 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.



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



### Notes

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

- If you miss more than one dose 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.

### Important points

● It's essential to take all your doses of HIV treatment at the right times 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.



This material is based on an original copyright publication by NAM Publications, an independent HIV information charity based in the UK. The original publication can be viewed at [www.aidsmap.com](http://www.aidsmap.com). Permission for this reproduction has been granted by NAM.



grupo de trabajo sobre  
tratamientos del VIH  
contact@gtt-vih.org  
www.gtt-vih.org  
Barcelona (España)

**POR FAVOR, FOTOCÓPIALO Y HAZLO CIRCULAR**

Subvencionado por:



Colaboran:

