

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. Some will be done at each check-up, others less 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.



Full blood count

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



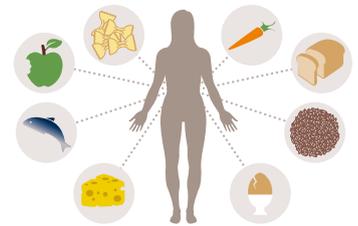
CD4 count

To see how strong your immune system is.



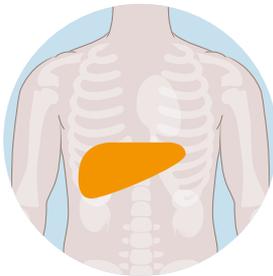
Glucose

To check that your body can get energy from food.



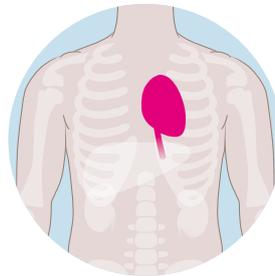
Liver function

Tests to make sure that your liver is able to process food and medicines correctly.



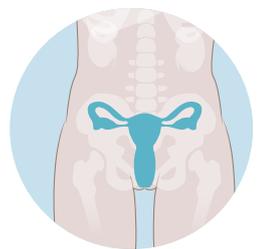
Lipids

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



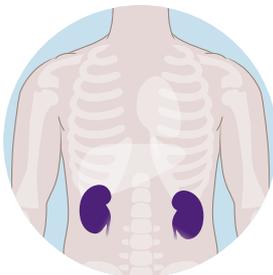
Cervical screening (for women)

A smear test involves taking a swab from the opening of the womb. Regular screening reduces your risk of cervical cancer.



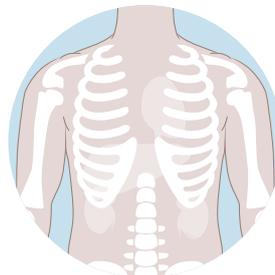
Kidneys

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



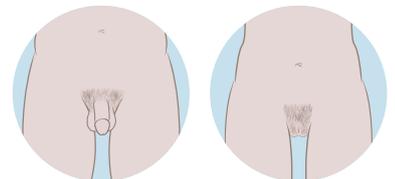
Bone health

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 performed.