



Canada's source for  
HIV and hepatitis C  
information

La source canadienne  
de renseignements sur  
le VIH et l'hépatite C

From *Hepatitis C: An In-Depth Guide*

## Tips for staying on track with treatment

**By taking your meds at the right time and in the right amount as explained by your healthcare provider, you can help treatment work for you!**

If you do miss a dose, don't beat yourself up and don't double up your next dose to make up for it. Get back on track by taking your next dose on schedule. Nobody's perfect; just do the best you can. But if you miss several doses, talk to your healthcare provider about getting help for taking meds.

Staying on track with treatment isn't always easy but there are steps you can take to help. Consider trying some or all of these tips for staying on track with treatment:

- **Do a “dry run” before starting treatment.** Practice your treatment routine using jelly beans or mints. If you can, try to figure out if it's harder for you to follow the routine at certain times. Work with a healthcare provider to develop a routine that works for you.
- **Choose times to take meds that both follow the instructions and fit your schedule.**
- **Ask for a written copy of your treatment plan.** It should list each medication, when to take it and how much to take—in a way that is easy for you to follow.
- **Keep a medication diary.** Write down the names of your meds in your diary and then check off each dose as you take it. This is a good way to prevent missing doses or taking too many doses. You can also use a pill box to help you keep track of your meds as you take them.
- **Use timers or alarm clocks to remind you when to take your meds.**
- **Plan ahead.** Use a pill box to take extra doses of meds with you when you're out. This works well for travelling too.
- **Develop a support network of family members, friends and service providers who can remind you to take your meds.**
- **Talk with other people who have been through or are going through treatment for Hep C.** They may have more tips and sometimes it helps to hear other people's experiences.
- **Have a stable place to rest, food to eat and access to a fridge.** For some people, this means applying for financial assistance (such as social assistance, disability assistance or community housing).

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## Produced By:



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555 Richmond Street West, Suite 505, Box 1104  
Toronto, Ontario M5V 3B1 Canada  
Phone: 416.203.7122  
Toll-free: 1.800.263.1638  
Fax: 416.203.8284  
www.catie.ca  
Charitable registration number: 13225 8740 RR

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Decisions about particular medical treatments should always be made in consultation with a qualified medical practitioner knowledgeable about HIV- and hepatitis C-related illness and the treatments in question.

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