

# ART Start Checklist



These are some of the issues that might come up when you start taking HIV treatment. Think about how these might affect your feelings about treatment and your willingness to start. Don't let this list scare you—you won't have to face every issue on it. But it may help you decide which possibilities you would or would not be willing to risk.

	This would be a huge problem for me.	This would be a challenge, and I would need some help to manage it.	This would be a bit of a problem for me, but I could handle it.	I would be OK with this.
What if I had to take some medications with food?				
What if I had to take some meds on an empty stomach?				
How do I feel about taking pills every single day?				
What if I had to take pills once a day?				
What if I had to take pills twice a day?				
What if each dose meant taking more than one pill at a time?				
What if I found myself out of the house without my pills and had to go home to take them on time?				
What if other people, such as my family or coworkers, found my pills or saw me taking them?				
Is there a pharmacy where I would feel comfortable going to have my prescriptions filled and to ask questions?				
What if my drugs cause side effects such as ...				
... diarrhea?				
... nausea (feeling sick to my stomach) or vomiting?				
... poor sleep or vivid dreams?				
... skin rash?				
... jaundice (yellowing of the skin or whites of the eyes)?				
... a visibly thinning face or a visible buildup of fat in my belly or elsewhere (lipodystrophy)?				
... high cholesterol levels that could lead to cardiovascular disease in the future?				