

# Adherence Support Chart

## Schedule planner:

Use the top chart to plan your pill timetable with your doctor, nurse or pharmacist. Use shading to indicate when you must not eat if you are using ddl without tenofovir, or indinavir without ritonavir; and meal times for drugs you have to take with food such as lopinavir/r (Kaletra), nelfinavir, ritonavir, saquinavir, atazanavir and tenofovir.

Drug name	AM							PM												AM									
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3							

## Adherence check:

Once you have worked out a daily regimen above, use the table below to mark off each dose after taking. Do this for the first few weeks. Write the name of the drug and the time you need to take it in the top boxes. Use a different box for each drug. Then tick off the dose and write the time you actually took the dose in the sections underneath. Use a photocopy, or draw a new version yourself to use for the second and third weeks or if you need a larger table. This will help you know how well you are doing and this will be helpful when you next see your doctor.

Week date: \_\_\_\_\_

	add drug names + times from the schedule above in these boxes	Drug names + times: AM			Drug names + times: PM		
Monday	write the actual time that you took each dose each day when you tick off these boxes						
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

