

How to get the most out of your visit with your healthcare provider:

- Write down your questions before you go. This will help you address all your concerns when you're in the doctor's office.
- Make a list of new and existing HIV symptoms you're experiencing and treatment side effects.
- Tell your doctor about any new medications you are taking, including prescription medications as well as over the counter treatments, homeopathic treatments, or herbal supplements.
- Be sure to tell your doctor about any other health conditions you may have.
- Bring a pen and paper to take notes. It will help you later on to have a written account of your doctor's answers and advice.
- Be 100% honest with your doctor about:
 - How well you have been taking your HIV medications
 - Problems, such as depression or anxiety
 - Having unprotected sex
 - Drug use
- Educate yourself about HIV-related issues, such as the occurrence of drug resistance and symptoms of opportunistic infections, before you go. The more you know, the easier it will be to talk about the more complicated aspects of the disease and its treatment when you're talking with your doctor.

What to Ask

- What are my treatment options?
 - What are the benefits, risks, and side effects of the anti-retroviral medications that have been recommended for me?
 - What symptoms and side effects might I experience and when should I call my doctor?
 - If I do experience side effects, how will they be treated?
 - Are there any medications I should not take?
 - How do I know if my treatment is working for me?
 - What can I do to improve my health?
 - What can I do to reduce the chance of transmitting the virus to others?
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