

Treatment Planning Form

MY DOCTOR'S APPOINTMENTS

Complete this table with your doctor.

Visit	Date	Time	Hep C Viral Load*	Notes
1				
2				
3				
4				
5				

*The **Hep C viral load** is the amount of Hep C virus in your blood. If your viral load drops to "undetectable" and stays there 12-24 weeks after treatment you are cured.

Date	Ultrasound

MY NOTES

Write down the list of medications you are taking, any side effects you have, questions for your doctor, or other notes about your treatment.



Treatment Planning Form

Living with Hep C is not easy. But you *can* be treated and cured. Follow these steps:

1. Know your care team and how to contact them.
2. Take your medications the right way.
3. Go to all doctor's appointments.

MY CARE TEAM

DOCTOR

Name: _____

Phone: _____

NAVIGATOR

Name: _____

Phone: _____

PHARMACIST

Name: _____

Phone: _____

ULTRASOUND RADIOLOGIST

Name: _____

Phone: _____

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MY HEP C MEDS

Complete this table with your doctor.

Medication	When to Take	What to Avoid	Possible Side Effects
1. Name: Color:	Take ___ tablet(s) ___ time(s) a day at _____ AM/PM <input type="checkbox"/> with food		<input type="checkbox"/> Tiredness <input type="checkbox"/> Headache <input type="checkbox"/> Nausea, poor appetite <input type="checkbox"/> Diarrhea, upset stomach <input type="checkbox"/> Rash and itching <input type="checkbox"/> Coughing <input type="checkbox"/> Trouble sleeping <input type="checkbox"/> Skin reaction <input type="checkbox"/> Other:
2. Name: Color:	Take ___ tablet(s) ___ time(s) a day at _____ AM/PM <input type="checkbox"/> with food		Call your doctor right away if you notice: _____ _____ _____
3. Name:			_____ _____

TAKING MEDS DOs AND DON'Ts

DOs

- Do **take your meds every day**. Try these tips to remember:
 - o Set a clock or phone alarm
 - o Use a pill box
 - o Use a calendar
 - o Ask a friend to remind you
 - o Take your meds at the same time as another daily activity (e.g. brushing teeth, lunch/dinner)
 - o Use the same pharmacy to keep track of prescriptions
- Do **talk to your doctor** about:
 - o Any **side effects**
 - o **Every medication** you take (prescription or OTC meds, vitamins, herbal supplements)
 - o Pregnancy

DON'Ts

- Don't miss a dose**. Ask your doctor what to do if you miss a dose.
- Don't stop taking your meds** without talking to your doctor, even if you have side effects.
- Don't start a new medication** without talking to your doctor.
- If you get pregnant** while on medication, tell your doctor right away.

MY STRATEGIES FOR TAKING MEDS

Complete this table with your navigator before starting treatment.

Common reasons for missing dose	Strategy to avoid missing dose
Forgetting	
Being away from home	
Being busy	
Change in daily routine	
Falling asleep	
Being high or drunk	
Feeling ill or sick	
Side effects	
Feeling depressed	
Getting refills on time	