



You got this!

Your Guide to Hepatitis C Treatment Success

My Hep C Treatment Journey

Our goal is to help you get cured of hepatitis C (hep C). This guide will help you track all your hep C care and treatment appointments and lab results. It includes tips for your treatment success.

For the next 8-16 weeks:

- Come to all your medical appointments.
- Talk about how you are feeling on hep C treatment and find ways we (your health care team) can support your hep C treatment success.
- Have your blood drawn to test for hep C.
- Take your medications every day.
- Call when you need to reschedule, cancel any appointment or ask for support.

My Health Care Team

First Appointment

Date: _____ Time: _____

Provider Name: _____

Phone Number: _____ Ext. _____ Email: _____

All your visits to a health care provider are important to care for and treat your hep C. The blood test you take 12 weeks after you finish your hep C medication is especially important. This test will make sure that the treatment got rid of hep C in your body and cured you.

If you need to reschedule or cancel any appointment, please call.

My Hep C Treatment Plan

I will pick up my hep C medication (e.g., provider's office, pharmacy):

I will store my hep C medicine: _____ Time I take my medicine : _____

Do I take my hep C medication with or without food (type): _____

Other providers, I need to see:

Referral to: _____ for: _____

Referral to: _____ for: _____

Referral to: _____ for: _____

Follow-up #1

Depending on your hep C medication:

- Have your blood drawn. Your health care team will send your blood sample to the lab. The lab will test if hep C medicine is working in your body.
- Tell us how you are feeling since starting the hep C medication.
- Tell us if you need help with controlling any side effects from taking hep C medication.

Appointment

Date: _____ Time: _____

Name of hep C medication(s):

Medication start date: _____

Since taking my hep C medication, I have or am feeling:

- Headache Tiredness
 Sick to stomach Swelling
 Other

Follow-up #2

Appointment

Date: _____ Time: _____

You are making progress on your hep C treatment journey.

- Have your blood drawn again.
- Get more medicine, if you have not already.
- Write down the date of when your last hep C medication(s) were taken.

You're closer to NOT having hep C in your body.

Medication end date: _____

Appointment

Date: _____ Time: _____

12-Week Blood Draw

Your hep C treatment journey is coming to an end.

It is exciting and very important to attend your last medical appointment.

The appointment will be quick AND well worth it:

- Have your blood drawn 12 weeks after your medication is finished. A lab test must be done to confirm that the medication worked and that you no longer have hep C.
- Schedule a date with your health care provider to get the results of your blood test.
- Ask any questions you may have about staying hep C free.

Remember, if you must reschedule, please call your health care provider's office.

Celebrate the End of Your Hep C Treatment

Your journey to a life free of hep C does not end here. It is important to know that even when you are cured of hep C, you can get hep C again.

You Got This! Continue to stay healthy:

- Avoid getting hep C infection again by not sharing anything that might have blood on it.
- Stop drinking or drink less alcohol.
- Get shots (vaccines) to protect against hepatitis A and B.
- Ask your health care provider about regular checkups for liver health, especially if you have cirrhosis (scarring of the liver), and
- Keep using male or female condoms during sex. Talk to your health care provider about Pre-Exposure Prophylaxis (PrEP) to see if it is right for you.

What If?

It is rare, but sometimes hep C treatment does not cure or get rid of the hep C virus in your body. The reasons are different for everyone.

However, after going through the first round of hep C treatment, many people feel healthier than before. Your hep C medicines helped slow the process of scarring on your liver, and you may feel much better.

Use this opportunity and your lessons learned from your hep C journey to talk about staying in care with your health care provider.

Ask about the benefits of repeating hep C treatment because we know, **you got this!**

At-A-Glance: My Hep C Treatment Plan

Date	Time	Reason

Notes

Notes





Provider Label

16038



Department
of Health

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