What does a year look like for HIV care with Dr. \_\_\_\_\_\_\_\_\_\_\_\_?

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| **Appointments with Dr. \_\_\_\_\_\_\_\_\_**  C:\Documents and Settings\jkontogi\Local Settings\Temporary Internet Files\Content.IE5\N0RNNOIG\MC900023456[1].wmf  **Minimum of 4 per year (8 if you do not have a standing order for the bloodwork).** | **Blood tests (preferably at SPH)**  C:\Documents and Settings\jkontogi\Local Settings\Temporary Internet Files\Content.IE5\WI2ZHVY5\MC900310700[1].wmf  **Every 3 months, and no less than one week prior to your appointment with Dr. \_\_\_\_\_\_, who will review the results and sign your Rx renewal form.** | **IDC Pharmacy appointments:**  C:\Documents and Settings\jkontogi\Local Settings\Temporary Internet Files\Content.IE5\N0RNNOIG\MC900071342[1].wmf  **Every 3 months. Rx renewal form must be signed by Dr. \_\_\_\_\_\_. Our office can coordinate both appts, if given enough notice (2 weeks).** |
| **Medication**  **C:\Documents and Settings\jkontogi\Local Settings\Temporary Internet Files\Content.IE5\RBFK6JKD\MC900290954[1].wmf**  **Daily** | **Referrals as needed…**  C:\Documents and Settings\jkontogi\Local Settings\Temporary Internet Files\Content.IE5\SNJ6PUM6\MC900287550[1].wmf  **to various specialists, including those associated with the IDC at St. Paul’s Hospital.** | **Suggested Annual Preventions:**   * Eye exam * Cervical/Anal “pap” * Cholesterol test * STI tests |
| **Flu Shot in the Winter (& ensure you are immunized against Hep A & B, Pneumonia, & Tetanus)**  **C:\Documents and Settings\jkontogi\Local Settings\Temporary Internet Files\Content.IE5\WI2ZHVY5\MC900280512[1].wmf** | **Your CD4 count should always be…**  Btw 410-1330 | **Your viral load should always be…**  <40 copies/mL |

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| Blood test tracking  Every 3 months | 1  DATE: | 2  DATE: | 3  DATE: | 4  DATE: |
| CD4 |  |  |  |  |
| Viral Load |  |  |  |  |

Useful Contacts: IDC appointment desk 604-806-8060

St. Paul’s Switchboard 604-682-2344