Medical Screenings / Exams / Immunizations

Recommended for people with HIV.

Keep track of your medical screenings, exams, immunizations and your scheduled appointments.

Take this sheet with you when you visit the doctor or go to the clinic and if you have questions ask them.

SCREENINGS	HOW OFTEN
CD4- Glycoprotien Count	Usually Every 3 Months
VL- Viral Load	Usually Every 3 Months
TB Tuberculosis	Once a Year
Syphilis & STD Screen	NEW Client , yearly if needed
Complete Blood Count	Usually Every 3 Months
Hepatitis Test	NEW Client & when it is needed by doctor
Cholesterol/Triglycerides	Usually Every 6 Months or when determined by doctor
Liver Function Tests	Usually Every 6 Months
Mammogram / Breast Exam	Every Year if you are over 40 years old
Stool Sample	Every Year if you are over 50 years old
Bowel Exam / Colonoscopy	If you are over 50 years old, Then every 3-5 years

EXAMS	HOW OFTEN
Complete Physical Exam	Once a Year
Breast Exam/Testicular Exam	With Physical
Dental Exam	Every 6 Months
Hearing/Vision Exam	Once a Year
Retinal Eye Exam	Once a year or every 6 mo if CD4 is less then 100
Pap/Pelvic Exam	Once a year or every 6 mo if CD4 is less then 200
Anal Pap	Once a year if you have anal intercourse
Digital Rectal Exam	Once a year if you are 40 years old or earlier as needed

IMMUNIZATIONS	HOW OFTEN
Influenza	Once a Year
Tetnus / Diphtheria	Every 10 Years - after first series
Hepatitis A	If Necessary
Varicella	If your CD4 is greater then 500, with no history of disease
Measles / Mumps / Rubella	If you are over 40 yrs, with no history of disease
Hepatitis B	If you have no history of this disease
Pneumococcal	Every 6 Years

APPOINTMENT	APPOINTMENT LOCATION	DATE
DOCTORS NAME	**ADDRESS**	**PHONE**

Living with HIV/AIDS ……..You are responsible for your medical care.