

Tracking My Hepatitis C Treatment Results

Track Your Own Treatment

This flowchart will help you to:

- ▶ Record results of your lab tests.
- ▶ Record any side effects you may experience.
- ▶ Record any missed doses.
- ▶ Keep track of you appointment dates.

The following are descriptions of the rows in the table:

- ▶ **HCV RNA (Viral Load):** This is a measure of the amount of Hepatitis C virus in the blood. After 4 weeks of treatment, the viral load usually has dropped to “undetectable” or extremely low levels. A sustained virologic response (SVR) or “cure” is defined as an undetectable viral load 12 weeks after completion of therapy. Therefore, if your viral load is undetectable 12 weeks after completing your therapy, you have achieved a “cure.”
- ▶ **Hemoglobin:** This is a protein that gives red blood cells their color. Measuring the level of hemoglobin gives an estimate of the number of red blood cells you have. Red blood cells carry oxygen throughout the body. Hemoglobin is important to monitor if you are receiving ribavirin, which can reduce red blood cells. This may be the cause of fatigue if you have been prescribed ribavirin.

- ▶ **Platelets:** These are cells that help your blood to clot when you have a cut or other injury. Platelet levels are often low in patients who have cirrhosis.
- ▶ **Alanine aminotransferase (ALT):** This is a liver enzyme which may be elevated in patients with hepatitis C. Liver damage causes ALT levels in the bloodstream to be higher than normal. Treatment of your Hepatitis C can help normalize your ALT.
- ▶ **Side Effects:** Any side effects you experience should be recorded here and shared with your Hepatitis C care provider.
- ▶ **Other:** Taking all your medications is critical to successful therapy. If you forget a dose, take it as soon as possible. If you lose your medications, contact your provider right away. Record the dates of any missed doses and let your Hepatitis C provider know.

Future Appointments

Provider: _____

Phone: _____

NEXT APPOINTMENTS:

Date: _____ Lab Clinic

Date: _____ Lab Clinic



