

A Guide for Getting Ready for Hepatitis C Treatment



Once you have decided to get treatment for hepatitis C, the next step is to get prepared. This booklet is designed to help you prepare yourself and your life for treatment.

A Guide for Getting Ready for Hepatitis C Treatment

To help you prepare for treatment, this booklet presents 10 different topics for you to work through. Some topics may take more time to work through than others and they do not need to be done in a particular order, but it might be good to begin with “Talking to your healthcare provider.”

Throughout this booklet are boxes for you to check when you have finished with a particular question. The topics covered in this booklet, and their page numbers, are listed below.

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Getting Ready for Treatment

Talking to your health care provider



Below are questions to ask your **health care provider** about treatment.

To help get yourself ready for treatment, ask:

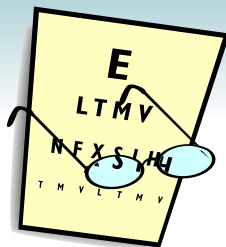
- What is my hepatitis C virus genotype?
- How long will treatment take?
- What are the side effects of treatment?
- How do I deal with side effects I am concerned about?

List other questions you have about treatment.

- I want to know _____ ?
- I want to know _____ ?
- I want to know _____ ?

Getting Ready for Treatment

Is your body ready?



Below are questions to think about or to ask your health care provider to get your **body** ready for treatment.

To help get your body ready, ask:

- Have I had a dental check-up to see if there are problems with my teeth?
- Have I had an eye health exam in the past year?
- Are there other health issues I need to deal with before treatment?
- Do I need to have appointments with other health care providers?
- Am I okay with having blood tests and injections?

List other questions you have about getting your body ready.

- I want to know _____?
- I want to know _____?
- I want to know _____?

Getting Ready for Treatment

Are you emotionally ready?



Below are questions to think about or to ask your health care provider to help get **emotionally** ready for treatment.

To help get yourself emotionally ready, ask:

- How is my mental health?
- Do I need a counselor? If yes, where can I find one?
- How do I deal with difficult times? Low moods?
- How do I deal with sleep problems?
- Am I able to respond in healthy ways to stressful situations?

What will I do if I am having a difficult time?

- Who can I call? _____
- How can I relax? _____
- What can I do? _____

Getting Ready for Treatment

Is your mind made up?



Below are questions to think about or to ask your health care provider to get your **mind** ready for treatment.

To help get your mind ready, ask:

- Do I want to be on treatment?
- Am I committed to being on treatment?
- Where will my motivation to stay on treatment come from?

If I am having a difficult time, what can I tell myself about why I am doing treatment?

- _____
- _____
- _____

Getting Ready for Treatment

Is your stuff ready?



Below are questions to think about or to ask your health care provider to help you get your **stuff** ready for treatment.

To help get your stuff ready, ask:

- Do I have a safe place to live so I can rest?
- Do I have a fridge to keep my medication cool?
- Can I always get food when I need it?
- How can people leave me a telephone message?
- Will I be able to get to appointments?

What do I still need to get ready before I start treatment?

- _____
- _____
- _____

Getting Ready for Treatment

Are your friends and social supports ready?



Below are questions to think about to help get your **friends and social supports** ready for you to start treatment.

To help get your friends and social supports ready, ask:

- Do the people who care about me know I am starting treatment?
- Do my friends or family have questions/concerns about my treatment?
- Who can my friends or family talk to about their questions/concerns?
- Who will be able to support me through treatment?
- What can they do to help me?

Is there anyone I still need to talk to before I start treatment?

- _____
- _____
- _____

Getting Ready for Treatment

Is your wallet ready?



Below are questions to think about or to ask your health care provider to help get your **wallet** ready for you to start treatment.

To help get your wallet ready, ask:

- Do I need to do anything for income if I can't work?
- Do I have any medical benefits that will cover my treatment costs?
- Will I need to apply to receive disability benefits while I am on treatment?
- If my work is seasonal (only during certain times of the year), when is the best time for me to start treatment?

Do I need to apply for anything else before I start treatment?

- _____
- _____
- _____

Getting Ready for Treatment

Is your local support team ready?



Below are questions to think about or to ask your health care provider to help get your local **support team** ready for you to start treatment.

To help get your local support team ready, ask:

- What supports can my health care providers offer me?
- What kind of other supports do I think I will need?
- Who can I call for help (e.g., to get groceries or check in on me)?
- Who can I talk to about issues that may come up when I am on treatment?
- Who can I call in an emergency situation?

Who is my support team?

- _____
- _____
- _____

Getting Ready for Treatment

Is your life ready?



Below are questions to think about to help you get your **life** ready for treatment.

To see if your life is ready for treatment, ask:

- Do I have a lot of things happening in my life right now?
- Am I planning to start a new job or school?
- Am I planning on moving?
- Do I have responsibilities I'll need to get help with (e.g., taking care of young children)?
- Will I be able to balance my life and treatment?
- Do I need to delay treatment for a little while?

Will anything be changing for me in the next few months?

- _____
- _____
- _____

Getting Ready for Treatment

Below is a “personal bill of rights”. These ideas may help you be a good advocate for yourself as you seek care and treatment.

PERSONAL BILL OF RIGHTS

1. I have the right to ask for what I want.
2. I have the right to refuse services or resources that don't meet my needs.
3. I have the right to change my mind.
4. I have the right to express my feelings, whether positive or negative.
5. I have the right to determine my priorities.
6. I have the right to advocate for myself.
7. I have the right to feel scared or afraid.
8. I have the right not to justify my decisions.
9. I have the right to be treated with dignity and respect.
10. I have the right to play and be frivolous.
11. I have the right to experience honesty from others.
12. I have the right to take breaks from advocating and ask for help.
13. I have the right to feel angry.
14. I have the right to say that I am not ready or am unable to meet the demands and expectations of others.
15. I have the right to receive copies of anything I sign.
16. I have the right to see my medical records.

*Adapted from the Mental Health and Aging Advocacy Project:
www.mhaging.org/help/bill-of-rights.html*

Getting Ready for Treatment

Are there other things to ask or do?



Below is space for you to write other things you need to do or ask about.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

For more information, visit hepatitiseducation.ca or www.bccdc.ca and type “**Attendance Project**” in the search box.

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