Make sure you take extra pills with you. Keep them in your bag, coat pocket and places you visit often.

Keep your pills somewhere you can see them.

Ask your doctor for a repeat prescription on time.

Schedule a reminder with an alarm or a dedicated app such as PrEP TIME.

Ask a friend or a roommate to remind you.

If you have any questions about using PrEP or side effects, go to Mantotman.nl/en/PrEP for more information or talk to a doctor.