Day 03 - Fat, Pills and Trains

February 14, 2013 By Gemma Peppe

Because I took my first batch of pills at 1.45pm I had to take my next lot at 1am. Yesterday it was 12pm & 12 am and today it's been 10am and I'll take them again at 9pm. I've got to get them down to a manageable 7am - 7am. This morning I took them on the way to a meeting while I passed through Victoria Station. I took them with a yoghurt that I really didn't want, but you have to eat some fat with the pills. Last week I was on the 5:2 diet and this week I'm scoffing peanut butter in bed at 1am in the morning.

I'm still not really feeling side effects. I thought I felt a bit of a headache today. Never before would a headache, a rash or diarrhea be more welcome. It's doing my head in a bit wondering if I'm on the placebo or not!

This entry was originally published on February 14, 2013 on The Hepatitis C Trust. Reprinted with permission.

© 2026 Smart + Strong All Rights Reserved.