

Tips for Taking Medicine for High Blood Pressure

1. Make sure you take medicine as your doctor tells you, not only on the days when you do not feel well.
2. Tell the doctor the names of all other medicines, home remedies, herbs, or supplements you take. Bring everything with you when you have a doctor's appointment.
3. Tell the doctor right away if the medicine makes you feel strange or sick. Ask the doctor about changing the dosage or switching to another type of medicine.
4. Refill your prescription before you run out of medicine.
5. Have your blood pressure checked often to see if the medicine is working for you.
6. Don't stop taking your medicine if your blood pressure is okay. That means the medicine is working.



Questions to ask the doctor:

When the doctor gives you medicine for high blood pressure, ask:

Name of medicine(s): _____

Amount of medicine to take: _____

When to take it: _____

What to eat or drink with it: _____

If your other medicines can be taken safely at the same time: _____

If problems occur, call this number immediately: _____