



## Tips for Taking High Blood Pressure Medicine

1. **Take** the medicine exactly as your health care provider tells you to, even if you feel well.
2. **Tell** your health care provider the names of all the medicines you take, including prescription medicine from other providers, nonprescription (over-the-counter) medicines you get at the drugstore, home remedies, herbs, supplements, and vitamins. Bring all of them with you when you have an appointment with your provider.
3. **Tell** the provider right away if the medicine makes you feel strange or sick. Ask about changing the dosage or switching to another type.
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.

### Do you know your blood pressure numbers?

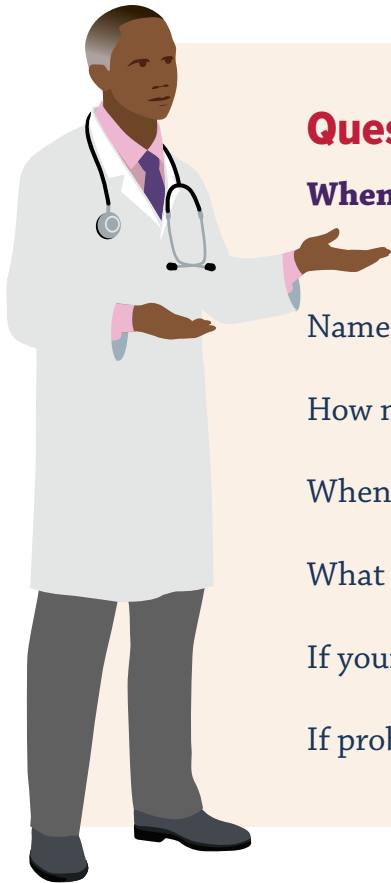
- For most adults, a healthy blood pressure is usually below 120/80 mmHg.
- If your numbers are consistently higher, you may have elevated or high blood pressure and may need to go on medication.
- Talk to your health care provider about what your numbers are and write them down.
- If your health care provider says that you have high blood pressure, ask about how you can lower it or keep it in control.

**Write down your blood pressure reading here:** \_\_\_\_\_



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(continued)



## Questions to ask your health care provider

**When your provider gives you medicine for high blood pressure, ask:**

Name of medicine(s) \_\_\_\_\_

How much 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 \_\_\_\_\_