Managing My Blood Pressure

Questions to Ask My Doctor

Measuring Blood Pressure

- How often should I measure my blood pressure?
- How can I measure my blood pressure outside the doctor's office?
- What do I need to know about correctly measuring my blood pressure?

Lifestyle and Habits

- What foods or drinks should I have or avoid to help me keep a healthy blood pressure?
- What types of physical activity are right for me to do on a regular basis?

Blood Pressure Medicines

- If I need to start taking blood pressure medicine, what type is best for me?
- I am currently taking blood pressure medicine. Do I need to adjust my dose or try a new type? How is my progress?
- What are the possible side effects of my current or new medicines?
- How often should I refill my medicine?
- What time of day should I take my blood pressure medicine?
- Should I take it with or without food?
- What should I do if I forget to take my blood pressure medicine?

My Challenges

I will talk to my doctor about any challenges I have measuring or controlling my blood pressure, including:

- ☐ Taking blood pressure medicine/s on time and in the right amount
- ☐ Side effects from my blood pressure medicines
- ☐ Measuring blood pressure on my own
- ☐ Making healthy lifestyle changes

My goal blood pressure is:

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Notes

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Visit **cdc.gov/bloodpressure** for tips and resources.

National Center for Chronic Disease Prevention and Health Promotion
Division for Heart Disease and Stroke Prevention