

It is important to take prescribed blood pressure medicine

Questions to ask your doctor

Ask your provider to help you fill out the information below.

Blood Pressure Medicine:

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Special Instructions:

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- What is my blood pressure reading in numbers?
- What is my goal blood pressure?
- Is there a healthy eating plan that I should follow to help lower my blood pressure and lose weight?
- Is it safe for me to do regular physical activity?
- What is the name of my medicine? What is the generic name?
- What are the possible side effects of 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 at the recommended time?



My Blood Pressure Wallet Card



National Heart, Lung,
and Blood Institute



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute
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You can control your blood pressure



Work with your healthcare provider.

Provider's Name:

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Provider's Phone Number:

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For most adults, healthy blood pressure is usually less than 120/80 mm Hg.

My blood pressure diary

Date/Time:

Blood Pressure:

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My Blood Pressure Goal:

Lifestyle changes to help reduce high blood pressure

Talk with your doctor about the lifestyle changes that are appropriate for you. Check off the lifestyle changes you are going to use to help lower your blood pressure.

My Lifestyle Changes:

- Follow the NHLBI's DASH eating plan. Choose heart-healthy foods that are low in sodium (salt).
- Aim for a healthy weight.
- Get regular physical activity.
- If you drink alcohol, have no more than one drink a day for women, two drinks a day for men.
- Remember to take your blood pressure medicine.

Learn more at www.nhlbi.nih.gov/hypertension.