

## Questions to ask my doctor about controlling my blood pressure

Please print this page and discuss the following with your doctor at your next appointment.

Questions	Doctor response
What is my blood pressure goal?	
Should my blood pressure medication change? Or, should I start a new medication?	
<p><b>If starting a new medication:</b></p> <ul style="list-style-type: none"> <li>▪ Is it safe to take with my other medications? Are there any medications I should stop when I start this one?</li> <li>▪ Are there any side effects I should be aware of? What should I do if I have any of these side effects?</li> <li>▪ Is it the most cost-effective choice? For example, does it have the least expensive copay? Is a generic form available?</li> <li>▪ What strength are you recommending? How many times a day do I need to take the medicine?</li> <li>▪ What should I do if I miss a dose?</li> <li>▪ Do I need to avoid alcohol or any particular foods while taking this medicine</li> </ul>	
<p>Are there other things I can do to lower my blood pressure? Would losing weight help with my blood pressure? Should I increase my level of physical activity?</p> <p><i>Low salt diets such as the DASH diets are recommended for people with high blood pressure.</i></p>	

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