

Taking Blood Pressure Medicine

To help manage your blood pressure, your healthcare provider may recommend medicine.

Many types of medicines can help lower high blood pressure. You and your healthcare provider will choose the right medicine for you.

Follow this checklist to help you manage your medicine routine.

Do: Take your medicines as directed, so they work correctly. This means taking the dose you have been prescribed at the correct time.

Do: Get organized. Set an alert on your phone to remind you when it's time to take your medicines. Or try using a pill box.

Do: Talk to your healthcare provider if you have any side effects.

These may include: weakness or leg cramps, dry cough, erectile dysfunction, dizziness, headaches, swelling of the feet or legs, constipation, or diarrhea.

Your provider may change your dose or find another medicine that causes fewer side effects.

Do: Make a plan with your healthcare provider about what to do if you forget a dose.

They may instruct you to take your medicine as soon as you remember. Or they may tell you to wait and take it at your next scheduled time.

Do not: Change your medicine routine without first speaking to your healthcare provider.

Taking your medicine is an important part of managing your blood pressure. Follow this checklist to help you reach your blood pressure goals.