



Hypertension / Blood Pressure Management

High blood pressure often has no symptoms. Taking medicines correctly and monitoring as instructed can reduce the risk of complications.

Keep this handout for reference. Your 123 GA Home Healthcare staff may review this topic with you and provide a printed copy. This website/PDF copy is available for you and your caregiver to review again at any time.

Manage Your Blood Pressure

- Take blood pressure medicines exactly as prescribed, even when you feel well.
- Follow nutrition, sodium, activity, and weight-management recommendations provided by your healthcare team.
- Avoid stopping a blood pressure medicine suddenly unless your prescriber instructs you to.

Checking Blood Pressure at Home

- Use a properly fitting cuff and follow the monitor instructions.
- Sit quietly before the reading, keep your feet supported, and position the arm as instructed.
- Record readings if your care plan asks you to and bring the log to appointments.

When to Seek Help

- Follow the blood pressure parameters and action plan provided by your clinician.
- Call 911 for symptoms such as chest pain, severe trouble breathing, fainting, new weakness or numbness, new difficulty speaking, or other signs of a medical emergency.

Important: This handout is general education and does not replace your physician's orders, medication instructions, emergency plan, or individualized Plan of Care. Follow the instructions given specifically to you. For a medical emergency, call 911.