



Blood Pressure Appointment Checklist

Organize your readings, medicines, and questions

Bring or prepare:

- Your home blood pressure log.
- Your home monitor if your healthcare professional asks you to bring it.
- A current list of prescription medicines, over-the-counter medicines, vitamins, herbs, and supplements.
- Notes about dizziness, headaches, swelling, medication side effects, or other concerns.
- Questions about your personal blood pressure goal and monitoring schedule.

Questions you may want to ask

- What blood pressure range should I aim for?
- How often and when should I check at home?
- Is my monitor validated and is my cuff the correct size?
- Could any medicine or supplement I take affect my blood pressure?
- Which food, activity, sleep, or stress-management changes would be most useful for me?
- When should I call you about a high or low reading?

My additional questions:

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