

High blood pressure

High blood pressure often causes no symptoms. Over time it can damage the heart, brain, kidneys, and eyes. Repeated accurate readings help guide treatment.

Everyday care

- Use a validated upper-arm cuff: rest 5 minutes, support your back and arm, and keep feet flat.
- Record readings using your care team's schedule. Take medicines even when you feel well.
- Ask for your personal BP goal and follow-up/lab plan.

When to contact your care team

If the top number is above 180 or the bottom number above 120 without concerning symptoms, repeat after at least 1 minute. If still this high, contact your clinician immediately. Do not take extra medicine without instructions.

When to call 911

Call 911 for chest pressure, severe trouble breathing, or sudden weakness, trouble speaking, or vision changes. Do not wait for a BP reading. Very high BP with these symptoms is an emergency.

Questions for your next visit

What is my BP goal? / Is my cuff accurate and the right size? / When should I call about readings?

Care team/contact: _____ Next visit: _____

[Read the full patient guide online](#)

This summary supports your personal care plan. Medication and activity instructions may differ.