



6 Questions to Ask Your Doctor About Your Blood Pressure Medications

Bring this checklist to your next appointment. Check off each question as you ask it, and use the lines below to jot down your doctor's answer.

☐ Q1 — What is my target blood pressure?

☐ Q2 — Review the medications I am on. What does each one do, and are there any drug interactions I should know about?

☐ Q3 — Is there a combination pill that could simplify my regimen?

☐ Q4 — When is the optimal time of day to take my medication?

☐ Q5 — How soon should I expect my blood pressure to change?

☐ Q6 — What should I do if I experience side effects?

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