



Preparing for Your Appointment For Blood Pressure

Filling out this form:

- Helps you remember important details
- Organizes your thoughts
- Makes sure you don't forget to talk about what matters to you

It's okay if you leave parts blank. Any information is helpful for your appointment.

Checklist of What to Bring With You

Your Health History

- Your Symptoms
- Your Blood Pressure Readings
- Your Health History
- Your Genetically Related Family's Health History
- Previous Blood Pressure Treatments

What You Want to Discuss

- Any Questions
- Any Worry or Concern

Your Medications

- Any Medicine You Take
- Any Vitamin or Herbal Supplements



Your Health History

Your Symptoms

- Do you feel anything new?
- Where are they the strongest?
- What makes it better? Worse?

Your Blood Pressure Readings

Write down the readings you have below or bring your blood pressure journal.



Your Health History

- Any health problems you have now
- Health problems you had in the past
- Any surgeries you had
- Any medicines you used to take

Your Genetically Related Family's Health History

Close family members health problems, especially

- High blood pressure
- Heart problems
- Diabetes or problems with sugar



Your Medications

Any Medicine You Take or Took for Blood Pressure

Any Medicine You Take

Including:

- Anything prescribed
- Anything over-the-counter, including ibuprofen and supplements
- Any patch or injection you use
- Don't forget powder or liquid supplements



Anything You Want to Talk About at the Appointment

Your Questions

Your Worries
