



## Your Blood Pressure Changes Throughout the Day

Your blood pressure changes to help your body work its best. Blood is like a delivery service for your body. Blood pressure changes to make sure your body gets enough blood no matter what happens.



### Normal Changes

- Don't last long
- You can't feel

Example:

- I feel nervous. My blood pressure is high.
- I check my blood pressure later. It's normal.



### Concerning Changes

- High most of the time (hypertension)
- Doesn't last long, but you can feel it

Examples:

- My blood pressure is more than 140/80 every time I take it.
- I have chest pain. My blood pressure is 185/100.



## When to call your doctor for blood pressure:

### You feel normal

1. Sit for 5 minutes. Take your blood pressure again.
2. Call or message your doctor. Tell them the two readings.



## When to go to the emergency room for blood pressure:

### You really feel bad. Or you have warning signs like

- Feel confused
- Pass out or faint
- Have body movements you can't control
- Have trouble moving, talking, or breathing
- Feel pain (especially in your chest, back, or head)
- Your pee is brown or red
- Your vision changes quickly