

# Medications for High Blood Pressure

Name(s) of your blood pressure medication: \_\_\_\_\_

## What they do:

- \* These medications lower your risk of having a heart attack or stroke
- \* They make it easier for your heart to pump blood
- \* Some help protect your kidney's
- \* Some people have to take 2 - 4 different pills to lower their blood pressure



## How to take them:



- They should be taken at the same time everyday as prescribed by your doctor, even if you are feeling well and your blood pressure is normal
- Get refills of your medications before you run out. Some blood pressure medications should not be stopped suddenly.
- Some blood pressure medications should not be taken with grapefruit or grapefruit juice. Ask your doctor if this or other foods should be avoided.

## What to watch for:

- When you first start your blood pressure medication or if the dose has increased you may:
  - Feel dizzy or lightheaded - especially when you get out of bed in the morning or after sitting. Try to get up slowly so you do not fall.
  - Have less energy
- Tell your doctor if these side effects are a problem for you
- They may affect the amount of electrolytes (like potassium) in your body. Make sure you get your blood tested when your doctor requests it.
- They may cause a dry cough. Tell your doctor if this happens.
- It may not be safe to take blood pressure medications with medicines you can buy at a drug store or with certain natural products. Ask your doctor what products are safe for you to take.
- Some blood pressure medications should not be taken during pregnancy. Tell your doctor if you are or plan to become pregnant.
- Ask your health care provider if there is anything else you need to watch for

**\*For more information contact your health care provider\***

Reference:

Compendium of Pharmaceutical Specialties 2009 published by the Canadian Pharmacists Association Ottawa, ON.

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