

Patient information from BMJ

Last published: Apr 16, 2025

High blood pressure: questions to ask your doctor

If you've been told you have high blood pressure, you may want to talk to your doctor to find out more. Here are some questions that you might want to ask.

- What is my blood pressure? What do the numbers mean?
- Ideally, what should my blood pressure be?
- Is high blood pressure the same as hypertension?
- Will I have any symptoms from my high blood pressure?
- Why is high blood pressure bad for me?
- Do I need any other tests?
- How often should I have my blood pressure checked?
- Should I check my blood pressure at home?
- Can I make changes to my lifestyle to help lower my blood pressure? Should I change my diet? Exercise more? Get help to stop smoking?
- Do I need to take medicines to treat my high blood pressure?
- If I need to take medicines, what's the best treatment for me?
- What are the side effects of treatment?
- How long will I need to take this treatment?
- What should I do if I forget to take my blood pressure medicine? Should I take two doses the next time a dose is due or skip one?
- Will I still need to have treatment once my blood pressure comes down?
- What will happen if I don't get my blood pressure under control?
- Is there anything I should avoid doing?

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