



When to get help - Hypertension

This handout tells you about signs and symptoms to watch for and when to get help. Tell your doctor about any emergency room visits or changes to your medicine.



When to call for emergency help

- You have signs of a heart attack.
 - You have sudden chest pain that moves to your jaw, arms, or between your shoulder blades.
 - You feel stabbing, squeezing, or tightness in your chest.
 - There is a heavy feeling in your chest as if someone is sitting on you.
 - Your heart feels like it is beating hard, or your heartbeat is not regular.
 - You have numbness or tingling in one or both arms.
- You are very sleepy or find it hard to wake up.
- You suddenly have a very bad headache.
- You have numbness, weakness, or problems moving on one side of the body.
- You suddenly cannot talk clearly.
- You have a seizure (body shaking, staring, eyes rolling).
- You cannot urinate.



When to call your doctor

- Your blood pressure is higher or lower than it should be.
 - You cannot think clearly.
 - You are dizzy when you get up.
- You cannot do your usual activities.

- You are pregnant or plan to get pregnant.
- You have other medical problems.



Important phone numbers

- Keep a list of important healthcare phone numbers near your phone or in your contact list in your phone.
 - See the **Important healthcare phone numbers** handout.

This information is general in nature and may not apply to you or your condition. Talk to your doctor or nurse about how to best use this information and how to take care of your medical condition. Be sure to ask your doctor or nurse any questions you might have. This information sheet is not intended to provide or replace professional medical advice, diagnosis, or treatment.

Patient or Caregiver:

Signature: _____ Date: _____

Nurse:

Signature: _____ Date: _____