

# Ways Around Medicine Roadblocks

Staying in the know—and on your medication—can be a challenge. Here’s a list of tips to help you get past some common roadblocks that might keep you from reaching your blood pressure goal.



## 1. You feel fine and think you don't need medicine

Feeling fine doesn't mean you're in the clear. High blood pressure has few "symptoms" so keep taking your medicine every day as prescribed by your doctor, even if your blood pressure numbers improve. Missing a dose can make your blood pressure rise, so don't cut back or stop taking your medicine without talking to your doctor first.

## 2. Your medicine routine is too complicated

Many people with high blood pressure take more than one medicine, and that can be confusing. But your doctor may be able to simplify things for you. For instance, it may be possible to take a blood pressure medicine that combines two medicines in one pill.

If you're not sure how to take your medicine, ask your doctor, nurse, or pharmacist to explain how it should be taken.

## 3. You accidentally missed a dose

Your blood pressure medicine is intended to be taken a specific way. But if you do miss a dose or run out of medicine by accident, don't panic. Take it as soon as you remember unless you're close to the time of your next dose. In that case, don't take the missed dose; just take the next dose at the regular time. If you're not sure, always remember you can call your doctor or pharmacist for advice.

And plan wisely. If you're taking a trip for a few days, remember to bring some extra pills with you.

## 4. You're worried about side effects

Tell your doctor about everything you've felt or noticed. He or she may be able to suggest ways to reduce or prevent side effects, such as changing your medicine or your dose.

## 5. You don't understand what you're supposed to do

To some people, just talking to a doctor can cause stress. This stress may make it hard to understand what your doctor or nurse is telling you. It may help to take someone with you to doctor visits to be your "second pair of ears".

Ask your doctor or nurse to clearly explain:

- How to take your medicine
- When to take your medicine
- Why taking it's important to take it regularly
- What you can expect from your medicine

**Take notes so you can review them at home.**