

HYPERTENSION (High Blood Pressure)

1. Check blood pressure, also called BP, every morning
AND
Check blood pressure if you have lightheadedness, dizziness, headache, or visual changes.
2. If systolic BP (top number) is above **180 mmHG**
OR
Diastolic BP (bottom number) is above **120 mmHG** then take:
0.1mg of Clonidine
3. If you can, lie down on your **LEFT** side.
4. Resting in a dark, quiet environment may help.
5. Recheck BP in **90** minutes or **2** hours.
6. If BP (top or bottom number) is not improving, contact my office.