

Other Questions to Ask Your Doctor

- Can someone show me how to check my blood pressure with my own blood pressure monitor?
- What cuff size should I have on my home blood pressure monitor?
- Can someone show me how to record my numbers after I have checked my blood pressure?
- How often should I check my blood pressure?
- How many blood pressure readings should I take at one time? Should I take just one reading, or should I take three readings and then average them?
- When should I call or e-mail you or the nurse, or other members of my care team, about my blood pressure numbers?
- When should I make an appointment to see you or other members of my care team about my blood pressure numbers?

Source for questions: Martha N. Hill, RN, PhD, Dean and Professor, School of Nursing, Johns Hopkins University, Baltimore, Maryland.

