Preparing for Your Appointment

Appointment date: _____

Provider / clinician:

Typical morning reading:

Typical evening reading:

Highest recent reading:

Lowest recent reading:

Symptoms, concerns, or changes I have noticed:

Questions to ask—and room for answers

What is my personal blood pressure target?

How are my kidneys doing (eGFR, potassium, urine albumin)?

Could sleep apnea contribute to my readings? Should I have a sleep study or CPAP review?

What are the likely benefits and risks of my current treatment?

When should I check my blood pressure at home?

At what readings or symptoms should I contact your office?

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Medication Questions & Follow-Up

What does each medication do, and why is it right for me?

Which side effects need an urgent call?

What should I do if I miss a dose?

Are there interactions with my herbs, supplements, or other medicines?

Which blood or urine tests do I need, and how often should they be repeated?

What will we do at the next appointment, and how will we judge progress?

My follow-up plan

Next appointment (date/time): _____

What will happen at that appointment?

My next steps — check off as completed

☐ Schedule referral / specialist visit: _____

☐ Complete blood draw or urine testing: _____

☐ Pick up prescribed medication / supplies: _____

☐ Bring blood pressure log and CPAP report (if applicable)

☐ Other: _____

☐ Other: _____

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