

Patient information from BMJ

Last published: Apr 16, 2025

High blood pressure: questions to ask your doctor

If you've been told you have high blood pressure, you may want to talk to your doctor to find out more. Here are some questions that you might want to ask.

- What is my blood pressure? What do the numbers mean?
- Ideally, what should my blood pressure be?
- Is high blood pressure the same as hypertension?
- Will I have any symptoms from my high blood pressure?
- Why is high blood pressure bad for me?
- Do I need any other tests?
- How often should I have my blood pressure checked?
- Should I check my blood pressure at home?
- Can I make changes to my lifestyle to help lower my blood pressure? Should I change my diet? Exercise more? Get help to quit smoking?
- Do I need to take medications to treat my high blood pressure?
- If I need to take medications, what's the best treatment for me?
- What are the side effects of treatment?
- How long will I need to take this treatment?
- What should I do if I forget to take my blood pressure medication? Should I take two doses the next time a dose is due or skip one?
- Will I still need to have treatment once my blood pressure comes down?
- What will happen if I don't get my blood pressure under control?
- Is there anything I should avoid doing?

High blood pressure: questions to ask your doctor

The patient information from *BMJ Best Practice* is regularly updated. The most recent version of Best Practice can be found at bestpractice.bmj.com. This information is intended for use by health professionals. It is not a substitute for medical advice. It is strongly recommended that you independently verify any interpretation of this material and, if you have a medical problem, see your doctor.

Please see BMJ's full terms of use at: bmj.com/company/legal-information. BMJ does not make any representations, conditions, warranties or guarantees, whether express or implied, that this material is accurate, complete, up-to-date or fit for any particular purposes.

© BMJ Publishing Group Ltd 2025. All rights reserved.

What did you think about this patient information guide?

Complete the [online survey](#) or scan the QR code to help us to ensure our content is of the highest quality and relevant for patients. The survey is anonymous and will take around 5 minutes to complete.



BMJ Group