

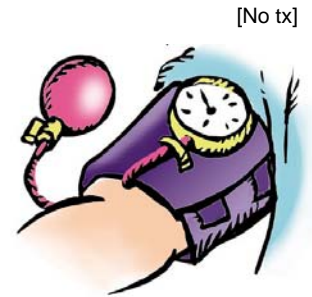
Discharge Instructions

HIGH BLOOD PRESSURE -- to be confirmed

Your blood pressure was higher today than normal. Sometimes anxiety or pain can cause a temporary rise in blood pressure that later returns to normal. If your blood pressure is high on one measurement, this does not mean that you have hypertension (a chronic illness). However, you must have your blood pressure measured again within the next few days to find out if it's still high.

A normal blood pressure is 120/80 or less. The first (top) number is the "systolic" pressure. The second (bottom) number is the "diastolic" pressure. Hypertension exists when either the top number is 140 or higher, OR the bottom number is 90 or higher on repeated measurements.

Blood pressure in the range of 120-140 (systolic) or 80-89 (diastolic) is considered "pre-hypertension". This means you are at risk for getting hypertension. You should have regular blood pressure checks to be sure your blood pressure is not rising.



[No tx]

HOME CARE:

1) Measure your blood pressure on 3 different days and write down the results. This can be done at your doctor's office or this facility. Some pharmacies and grocery stores offer automated blood pressure machines for your use.

FOLLOW UP: If your blood pressure is "high" (over 120/80) on 2 out of 3 days, you will need to follow up with your doctor for further evaluation and treatment.

DO NOT PUT THIS OFF! Untreated high blood pressure increases the risk for heart attack and stroke. It is a treatable condition.

RETURN PROMPTLY or contact your doctor if any of the following occur:

- Chest pain or shortness of breath
- Severe headache
- Throbbing or rushing sound in the ears
- Nosebleed
- Sudden severe abdominal pain
- Extreme drowsiness, confusion or fainting
- Dizziness or vertigo (dizziness with spinning sensation)
- Weakness of an arm or leg or one side of the face
- Difficulty with speech or vision