



St. Clair Specialty Physicians

ADVANCED MEDICINE. COMPASSIONATE CARE.

Welcome to the SCSP Hypertension Clinic!

We are here to help you control your blood pressure and decrease your risk of a heart attack or stroke. We will work as a team, with your other health care providers, to reach your goal of better health.

1. Please bring **ALL** your medications to clinic, including any health food supplements or over the counter medications. We e-prescribe new medications, so you will **NOT** get a written prescription. Pick up pills from your pharmacist the next day.
2. Always have a list of your medications and allergies in your wallet.
3. Bring your blood pressure cuff to the clinic to check its accuracy and receive instruction in its use.
4. **DO NOT** take any supplements or over the counter medications without checking with your provider. Some common over the counter medications that can increase your blood pressure include but are not limited to: decongestants and cold medications, Alka-Seltzer, Ibuprofen (Advil™), and Naproxen (Aleve™).
5. Follow your prescribed diet- think fresh, non processed foods as 80% of the salt in our diet comes from processed foods (soup, lunchmeat, spaghetti sauce, fast food, frozen entrees).
6. Walk at least 30 minutes every day.
7. **Please call our office if you think you are having a medication reaction or side effect. DO NOT stop medications without calling.**
8. **Seek help from a medical professional immediately if your blood pressure is more than 180 or less than 110 systolic.**

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www.SCSP.net