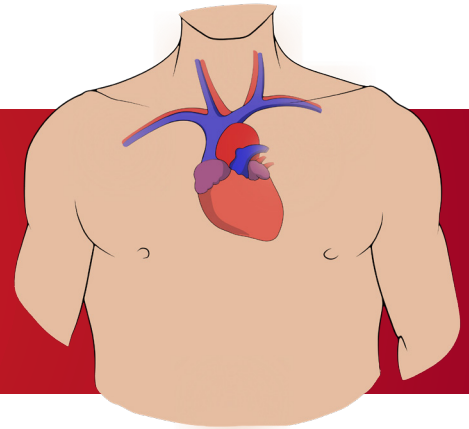


Action Plan for Staying Healthy at Home After a High Blood Pressure (Hypertensive) Crisis or Emergency



This handout is a quick guide to staying healthy and safe at home. Follow these tips and all instructions from your hospital care team to help you avoid another hospital stay.

Take Your Medicines

Special guidelines to note:

- Do **not** take medicines with high blood pressure warnings.
- Do **not** take medicines with heart stimulants.
- Do **not** take cold medicines with decongestants - they can increase your blood pressure. Be careful - some common decongestants are Sudafed (pseudoephedrine), ephedrine or phenylephrine. You may also see a D in the name of the medicine, for example Claritin-D.
- Do **not** take non-steroidal anti-inflammatory medicines (NSAIDs). NSAIDs include Ibuprofen, Advil, Naproxen, Aleve and aspirin. If you take aspirin for your heart, keep taking it as instructed by your doctor.
- Talk to your doctor or pharmacist before taking new medicines.

Go to Your Follow-Up Visits(s)

It is **very** important to go to your follow-up visits. Your doctor needs to see you at follow-up visits to check on your progress and make sure your medicines are working. They need to see you within 1 week of your hospital stay and then once a month for 3 months.

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Ways to Stay Well

- Check your blood pressure at the same time each day. Write the results in a notebook and share them with your doctor at your follow-up visit. To learn more, you can visit Heart.org-click on Health Topics, then High Blood Pressure.
- Eat a healthy diet based on advice from your care team.
- Avoid salty foods and do not add salt to your food. Carefully read food labels for sodium (salt) content. Ask your doctor how much sodium (salt) is safe to have each day and write it down here. Try hard to not go over that amount.
- Limit sodium to _____ milligrams (mg) each day
- The DASH (Dietary Approaches to Stop Hypertension) is a healthy balanced eating plan which includes fruits, vegetables, and healthy grains. To learn more about the DASH eating plan, visit Medlineplus.gov and type Dash eating plan in the search box.
- If you are overweight, lose weight.
- Try to control your stress level - if you need help, talk to your doctor or nurse.
- Exercise – before starting any exercise program, ask your doctor if it's safe to do so.
- If need help quitting smoking:
 - Call the Ohio Quit Line at **1-800-QUIT-NOW** or visit **smokefree.gov**
 - Find out if your insurance covers our UH Tobacco Treatment Counseling program. If so, you will need a doctor's order to use this service. To learn more about our program, call **216-896-1810**.

Hang this on your refrigerator to remind you of reasons to call your doctor or 9-1-1



GOOD TO GO

Follow the tips in this handout to help you to stay healthy and out of the hospital. Always monitor your health and be aware of the signs of new or worsening health concerns. Read below to learn when and who to call for help.



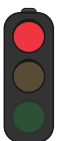
CAUTION

Call your doctor's office right away if you have any of the problems listed below. Your doctor may need to adjust your medicine doses and/or order blood tests. Keep taking your medicines as ordered until you see your doctor.

- Blood pressure lower than _____ or higher than _____
- Pounding or a rushing feeling or sound in your ears
- Feeling more tired or have less energy
- Blurry vision or changes in your vision
- Nose bleeds
- Nausea (feeling sick to your stomach) or vomiting (throwing up)
- Peeing less often or pee is brown
- Any other symptom that causes concern

My doctor's name: _____

Office phone number: _____



STOP

Call 9-1-1 right away if you have any of these problems:

- Chest pain
- Feeling short of breath or it's hard to breathe
- Fainting or feeling like you will pass out
- Very bad back pain
- Signs of a stroke such as:
 - numbness or weakness in the face, arm, or leg, especially on one side of the body
 - trouble seeing in one or both eyes
 - trouble walking, dizziness, loss of balance, or lack of coordination
 - confusion, trouble speaking, or it's hard to understand speech
 - severe headache with no known cause