Elevated Blood Pressure: *Follow Up to Confirm*

Your blood pressure today

Your blood pressure today was elevated. Many things may be causing this — stress, pain, exercise, or what you’ve had to eat or drink.

To know if you have an ongoing problem, your blood pressure needs to be checked a few more times.

What do my numbers mean?

Blood pressure is written as 2 numbers.

The top number is the pressure when your heart beats. It’s called *systolic* [si-STOL-ik] blood pressure.

The bottom number is the pressure when the heart rests between beats. It’s called *diastolic* [dahy-uh-STOL-ik] blood pressure.

The table below shows the numbers for *normal*, *elevated*, and stage 1 and 2 for *high* blood pressure.

<table>
<thead>
<tr>
<th>BP category</th>
<th>Systolic / Diastolic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>less than 120 and less than 80</td>
</tr>
<tr>
<td>Elevated</td>
<td>120 to 129 and less than 80</td>
</tr>
<tr>
<td>Stage 1 High</td>
<td>130 to 139 or 80 to 89</td>
</tr>
<tr>
<td>Stage 2 High</td>
<td>140 or higher or 90 or higher</td>
</tr>
<tr>
<td><strong>EMERGENCY</strong></td>
<td>If your BP is 180/110 or higher <strong>AND</strong> you have chest pain, shortness of breath, or a severe headache get medical help fast.</td>
</tr>
</tbody>
</table>

What you need to do:

**Step 1. Check your blood pressure on 3 different days**

- You can have this done in a doctor’s office, such as this one.
- Some pharmacies and grocery stores have blood pressure monitors that you can use.
- If you have a blood pressure monitor, you can do this at home.

**Step 2. Write down the results**

Day 1: ______ / ______

Day 2: ______ / ______

Day 3: ______ / ______

**Step 3. Follow up with your primary care provider**

- Do not delay. High blood pressure can be treated. If it is not treated, you have a higher risk of heart attack, stroke, and other serious health problems.
- Take this fact sheet with your results from step 2.
- If you need help finding a primary care provider, go to: [IntermountainHealthcare.org](http://IntermountainHealthcare.org).
Questions for my doctor

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