

How to Manage Your Blood Pressure Medication



How to Refill Your Prescriptions:

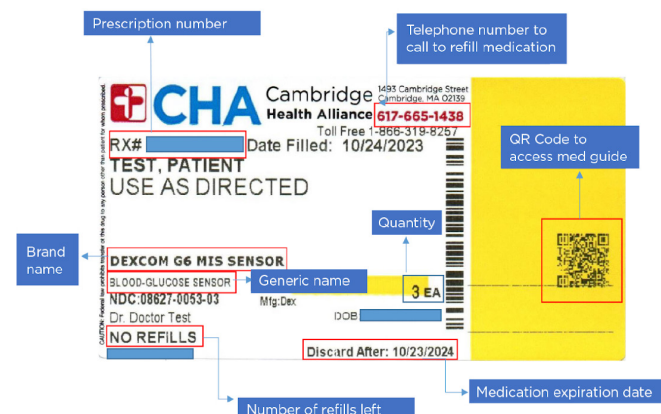
- *If You Run Out of Your **Current** Medicine:*
 - Contact the CHA Pharmacy to refill your prescription (get more medicine) if:
 - You have run out of medicine and you have more refills remaining
 - Your prescription has **not** expired.
 - Contact the pharmacy by calling your pharmacy location or using the refill mobile app: <https://app.rxlocal.com/>.
- *If You Have **No Refills Remaining** or **Your Prescription has Expired**:*
 - Contact your provider by phone or through MyChart to review your prescription.
 - Your provider will need to make sure the medicine is working as expected and will write you a prescription for a certain number of refills.
- *If You Need a **New Prescription**:*
 - Contact your provider by phone or through MyChart to review your prescription. You may need an appointment so your care team can assess your needs.
 - The pharmacy cannot prescribe (authorize) medicine. That has to be done by your provider.

How to Remember to Take Your Medication:

It's important to keep track of your medication and take it properly. Here are some ways to remember to take it:

- Take your medicine at the same time each day.
- Take medicine along with daily events, such as brushing your teeth.
- Use a weekly pill box with separate sections for each day or time of day.
- Ask family and friends to help remind you.
- Use a medicine calendar.
- Set a reminder on your smartphone.

Learn how to read your prescription label by viewing the image to the right.



How to Switch to the CHA Pharmacy:

If you have any questions about our pharmacy, about switching your prescriptions, or about using our Pharmacy, you can either call 617-806-8566 (press option 3), email us at Pharmacy@challiance.org, or visit us at www.challiance.org/pharmacy.

You can also call the Pharmacy directly at the location closest to you:

Cambridge: (617) 665-1438 East Cambridge: (617) 499-6690
Malden: (781) 338-8990 Revere: (781) 485-8272

What is High Blood Pressure Medication?

- High blood pressure medicine helps lower your blood pressure.
- Depending on your risk and blood pressure levels, you may need one or more types of medicine to keep your blood pressure at a healthy level.
- You may have to see your provider often until your blood pressure is under control.
- High blood pressure medication only works when you take it as prescribed.
- Medication shouldn't be stopped without your healthcare professional's approval, even if you feel fine.

What Types of Medication Might be Prescribed?

- Diuretics – help control blood pressure by removing excess sodium (salt) and water from your body through urination. These are sometimes called “water pills.”
- Angiotensin-converting enzyme (ACE) inhibitors, angiotensin II receptor blockers (ARBs) and calcium channel blockers – relax and open up the narrowed blood vessels and lower blood pressure.
- Alpha blockers, beta-blockers, nervous system inhibitors - reduce nerve impulses to blood vessels, allowing blood to pass more easily.
- Vasodilators – directly open blood vessels by controlling nerve impulses.

Note: many patients may need to take two or more drugs to maintain a healthy blood pressure.

What are the Side Effects?

Some high blood pressure medications can affect certain body functions. This may result in side effects, but the benefits of using them outweigh the risk of side effects in most people.

Some of the common side effects that may occur include:

- Weakness, tiredness or drowsiness
- Feeling thirsty
- Erectile dysfunction
- Cough
- Trouble sleeping
- Muscle cramps
- Slow or fast heartbeat
- Headache, dizziness or light-headedness
- Skin rash
- Constipation or diarrhea

If you are having side effects, don't stop taking your medication to avoid them. Contact your provider with any questions or concerns. Your provider can work with you to find the medication or dose that works best for you.

Scan the QR code to learn more.

