

# BLOOD PRESSURE LOG

Your Health Care Professional: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Blood Pressure (BP) Goal: \_\_\_\_\_

Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_

\_\_\_\_\_

**FOR THE NEXT 4 WEEKS, USE THIS BP LOG TO TRACK YOUR BLOOD PRESSURE NUMBERS. REMEMBER TO:**

- Check your blood pressure at the same time each day.
- Record the date, time, and your readings in the space provided.
- Take this log with you to each appointment and let your health care professional review the numbers.

**KEEP THESE TIPS IN MIND AS YOU TRACK YOUR BLOOD PRESSURE:**

- Ask your health care professional what your blood pressure goal should be.
- A full bladder may increase your blood pressure a bit, so be sure to go to the bathroom before taking your BP reading.
- Avoid caffeine, food, alcohol, and tobacco for at least 30 minutes before taking your BP reading.
- If you're monitoring your blood pressure at home, take the measurement at the same time every day.
- Write down your results.

## WEEK 1

| TIME | DATE | READING<br>(example: 140/80) | TAKEN<br>MEDICATION? | TIME<br>MED. TAKEN |
|------|------|------------------------------|----------------------|--------------------|
|      |      | /                            |                      |                    |
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## WEEK 2

| TIME | DATE | READING<br>(example: 140/80) | TAKEN<br>MEDICATION? | TIME<br>MED. TAKEN |
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## WEEK 3

| TIME | DATE | READING<br>(example: 140/80) | TAKEN<br>MEDICATION? | TIME<br>MED. TAKEN |
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## WEEK 4

| TIME | DATE | READING<br>(example: 140/80) | TAKEN<br>MEDICATION? | TIME<br>MED. TAKEN |
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**Home monitoring does not replace visits to your health care professional.**

Please see full Prescribing Information, including **IMPORTANT WARNING**, for EXFORGE and EXFORGE HCT.

Please see Important Safety Information on the next page.

## INDICATIONS

EXFORGE and EXFORGE HCT are prescription medications for the treatment of high blood pressure.

EXFORGE contains two prescription medicines: amlodipine, a calcium channel blocker (CCB), and valsartan, an angiotensin receptor blocker (ARB). EXFORGE may be used when any one of the following medicines to lower your high blood pressure is not enough: a dihydropyridine CCB or an ARB. It may also be used as the first medicine to lower high blood pressure if your doctor decides you are likely to need more than one medicine.

EXFORGE HCT contains three prescription medicines: amlodipine, valsartan, and hydrochlorothiazide (HCTZ), a diuretic, or “water pill.” EXFORGE HCT may be used to lower blood pressure in adults when any two of the following medicines to lower high blood pressure have been tried first: a CCB, an ARB, and a diuretic.

## IMPORTANT SAFETY INFORMATION

### What is the most important information I should know about EXFORGE and EXFORGE HCT?

**EXFORGE and EXFORGE HCT can cause harm or death to an unborn baby. Talk to your doctor about other ways to lower your blood pressure if you plan to become pregnant.** If you get pregnant while taking EXFORGE or EXFORGE HCT, tell your doctor right away.

Do not take EXFORGE HCT if you have low or no urine output (anuria) or have allergic reactions to certain drugs known as sulfonamides.

Serious side effects could occur with EXFORGE and EXFORGE HCT such as:

- Low blood pressure (hypotension). Lie down if you feel faint or dizzy and call your doctor right away.
- Worsening chest pain (angina) or heart attack, particularly in patients who already have severe heart disease. Get emergency help if you get worse chest pain or chest pain that does not go away.
- Kidney problems. Call your doctor if you have swelling in your feet, ankles, or hands or unexplained weight gain.
- Changes in blood test results in people with congestive heart failure.
- Allergic reactions.
- Skin rash with EXFORGE HCT. Call your doctor right away if you get an unusual rash.
- Eye problems with EXFORGE HCT. Call your doctor right away if you have eye pain or decrease in vision.

Tell your doctor about any of the following signs and symptoms of fluid and electrolyte problems with EXFORGE HCT: dry mouth, thirst, weakness, lack of energy (lethargy), drowsiness, restlessness, confusion, seizures, muscle pains or cramps, muscle fatigue, low blood pressure, very low urine output, fast heartbeat, or nausea and vomiting.

Tell your doctor about all your medical conditions, including if you are pregnant or plan to become pregnant, have a heart condition, have liver or kidney problems, are vomiting or having a lot of diarrhea, have or have had gallstones, have lupus, or are breast-feeding or plan to breast-feed. EXFORGE and EXFORGE HCT may pass into your breast milk and can harm your baby. You should not take EXFORGE or EXFORGE HCT and breast-feed.

Tell all your doctors and dentist you are taking EXFORGE or EXFORGE HCT if you are going to have surgery or go for kidney dialysis.

Tell your doctor about all the medicines you take. If you are taking EXFORGE or EXFORGE HCT, especially tell your doctor if you take other medicines for high blood pressure or a heart problem; water pills (diuretics); potassium supplements or a salt substitute containing potassium; aspirin or other medicines called non-steroidal anti-inflammatory drugs (NSAIDs, like ibuprofen or naproxen), or lithium.

If you are taking EXFORGE HCT, also tell your doctor if you take diabetes medicine including insulin; narcotic pain medicines; sleeping pills and anti-seizure medicines called barbiturates; steroids; cholesterol lowering medicine; or alcohol.

The most common side effects that occur more frequently with EXFORGE than placebo (sugar pill) are swelling of the hands, ankles, or feet; nasal congestion or sore throat; head or chest cold; and dizziness.

The most common side effects with EXFORGE HCT include dizziness; swelling (edema) of the hands, ankles, or feet; indigestion; tiredness; muscle spasms; back pain; nausea; and nasal congestion or sore throat.

EXFORGE and EXFORGE HCT are approved to treat high blood pressure and are not approved to prevent heart attack, stroke, kidney disease or eye damage resulting from high blood pressure.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please see full Prescribing Information, including **IMPORTANT WARNING**, for [EXFORGE](#) and [EXFORGE HCT](#).

Please see Patient Information for [EXFORGE](#) and [EXFORGE HCT](#).