

Hypertension Clinic

For children and teens with high blood pressure

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What services are offered in Hypertension Clinic?

- An evaluation by a doctor who is trained in pediatric hypertension.
- Testing (such as 24-hour blood pressure monitoring, imaging done in the Radiology department and other lab tests as needed).
- Education and support provided by nurses and dietitians.
- Communication between your child's primary care provider and the pediatric hypertension specialists about your child's condition.
- Long-term monitoring, which is done in partnership with your child's primary care provider.
- The opportunity to receive new treatments as they become available.

What can you expect once your child has been referred to Hypertension Clinic?

- Your child's doctor will contact our pediatric hypertension specialists about your child's health history.
- Once the referral has been made, call us at 206-987-2524 to schedule your child's clinic appointment and any special tests that might be needed. Whenever possible, all tests will be scheduled on the same day as your child's visit.

To Learn More

- Hypertension Clinic
206-987-2524
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers
206-987-2280 (TTY)

What should you bring to the first visit?

- If your child already had some of the tests that are needed, send or bring all test results with you to the first visit.
- You do not need to bring test results from tests that were done at Children's prior to the first visit.
- Please wear a belt to the first visit. Your child will attach a 24-hour blood pressure monitor to their belt if this test is needed.

What can you expect during your visit?

- The length of your visit will vary based on your child's needs. Most visits last about 90 minutes.
- After your first visit, you will come back for a second visit to discuss the results. Your child may have more tests if needed. This is also when your child would see a dietitian or another specialist or start a medication.