

# 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, dietitians and physical therapists
- 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](http://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.

### 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 Seattle Children's before the first visit.
- Please have your child wear a belt and clothes that are comfortable for exercise to the first visit. We 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. Visits last 1.5 to 2 hours from the time you arrive to check in.
- At the first visit, your child may wear a blood pressure cuff that will record the blood pressure outside the clinic setting for 24 hours. In addition to the healthcare provider, your child may also see a physical therapist for advice about exercise.
- After your first visit, you will come back for a second visit to discuss the results of the 24-hour blood pressure recording. 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.