

Frequently Asked Questions

About the study:

When will the TIME Study finish?

The TIME Study is planned to last for approximately another 2-3 years. Research studies like this one are designed to be as efficient as possible, and to do this there needs to be some flexibility in the time frame over which it is run. For example, if we were unexpectedly able to answer the question posed within a year, we could reduce the length of the study and stop it early. Equally, if we did not have a meaningful answer by the planned study end, we could extend it to ensure that an answer is reached to ensure that the many years of participant and researcher efforts are not wasted.

Can you tell me what the results look like for the study so far?

Unfortunately, we are not in a position to distribute any results for the TIME Study yet. The results of the study will be published after the study is concluded. This is a blinded study, so the study team cannot determine what is happening in each group until the end of the study. The reason for doing this is to prevent the possibility of such knowledge influencing how we conduct the study. The study has a completely independent external monitoring committee who review the data on our behalf and can advise if the study needs to be stopped at any point because of any unexpected safety concerns. In practice, it is very unusual for independent monitoring committees to have to make such recommendations.

If you are not collecting my blood pressure values, how will you know what difference a change in medication time has made?

The reason that we treat high blood pressure is that we know that it increases the risk of a person suffering a heart attack or stroke. As a result, an effective blood pressure treatment is one that not only reduces the blood pressure but also prevents heart attacks and strokes. The main objective of the TIME Study is to identify if a particular dosing time reduces these effects of high blood pressure, rather than the blood pressure itself. A blood pressure sub-study is also being carried out, in which a smaller number of TIME participants, who have their own home blood pressure monitor, give us home recordings of their blood pressure values. We hope that this may offer us some interesting insights into the biology of blood pressure and its management. However, this is not the main focus of the TIME Study itself.

About your circumstances:

I have moved home and/or changed GP. How do I let you know?

You can update your User details on the study website after logging in. Again, if you have any difficulties doing this, please let us know.

I want to change my nominated surrogate (next-of-kin). How do I do that?

You can also update this information on your User Form by logging in to the study website.

I have a new email address. Do I need to tell you?

You can set your old email account have your emails forwarded to the new account and keep logging in with your old address and password. Or, you can change your email address on the TIME website. To change your email address on our system, log in to www.timestudy.co.uk using the email address and password you registered with.

On your home page, you can then follow the link on the right-hand side, “Update Personal Information”, to change your registered email address.

Alternatively, contact us directly to change your address.

What if am going on holiday and can't respond to your requests for readings/follow ups?

If you are away on holiday or just away from home and unable to respond to a request to send blood pressure readings or submit a follow up report, don't worry, you can wait to respond to them on your return. The system will send an email to your nominated surrogate/next-of-kin after a period of non-contact so you might wish to let them know that you are taking a break from responding to study emails.

How do I withdraw from the study?

Firstly, do you really need to withdraw? If you are not sure, please email or call us and we would be happy to discuss your situation with you.

As mentioned above, you can leave any follow-up requests that arrive at an inconvenient time until you are better able to respond. If you would prefer not to be sent any study emails, you can withdraw yourself from study follow-ups at any time. After you have logged in to the study homepage, you can click on the link “Withdraw TIME Study”. Here you also have the option to withdraw consent for us to follow your progress remotely through national records of hospital admission.

About your medications:

How long do I have to keep taking my pills at my study assigned time?

We hope people will take their medication at their allocated time for the full duration of the study (about 3 years in total), but if you develop problems with it, it is important for us to know about that too. If those problems are sufficient to make you want to stop taking the drug at your allocated time then that is absolutely fine and can be accommodated without you having to withdraw from the study. Simply complete each study follow-up submission to reflect what time you are taking your BP medication at the time of the follow-up request.

My GP has prescribed a new blood pressure medication. Can I still take part in the study?

Yes. Any changes to your blood pressure medications can be recorded on your study file. You can do this yourself by logging in and opting to update medications. If you have any difficulties doing this please get in touch with us directly. Please take any new blood pressure medications at your study assigned time unless your doctor has advised otherwise.

My GP has stopped one of my blood pressure medications. Can I still take part in the study?

Yes. You can log in to your study homepage and choose to update your medications. There is an option on this page to stop any of your existing medications. If you have any difficulties doing this please get in touch with us directly.

I don't need to take any blood pressure medications now. Am I still of use to the study?

Absolutely. Simply update your medication page, as above, and remember to mention that you are not currently taking any blood pressure medications on any future follow-up forms. Even though you are no longer taking any blood pressure medications your information is still important for the study. Please take any new blood pressure medications that are started in future at your study assigned time unless your doctor has advised otherwise.

I have been started on a blood pressure medication which is supposed to be taken before a meal, but I eat my evening meal at 17:00-19:00. How can I change the time I take this but still accommodate my usual meal time?

A small number of blood pressure medications, such as Perindopril, are often advised to be taken before food. The reason for this is that fatty foods can interfere with the absorption of specific drugs. Taking a drug before a meal minimises the chance of there being fatty food present in the stomach. This will allow these drugs to have their full effect. However, it is not necessary to always have a meal after taking this drug. You have two options with evening dosing of these drugs. Either

take your dose 30 minutes before a later evening meal, or, leave your dose until last thing at night by which time you should have digested any earlier food. We do not have a problem with you taking it up to 2 hours earlier than the stated 8pm-Midnight window to facilitate this, i.e. you could even take your evening medication at 6pm if that fits better with your usual eating habits.

I have not been taking my blood pressure medications at my allocated time for a short period of time (e.g. while on holiday). How can I let you know?

Please mention this on your next follow-up submission.

I keep forgetting to take my pills at the allocated time. What should I do?

Taking your medication regularly is important to control high blood pressure, and from the point of view of your health, it is preferable that you do not miss doses of medication. Changes to the time that you take your medication require an adjustment to your daily routines, which can take some time to settle into. There are a few strategies which you might find helpful to make it easier to remember. You could set an alarm on your phone, watch or clock. Alternatively, you could place a sticky note on the bathroom mirror to remind you when you brush your teeth, for example. However, if you find you are still forgetting to take your medication after a while, then you should consider switching back to your previous time. Please let us know if you have done this in your future study follow-up forms.

My doctor has advised me to change the time I take my medication back to the original time- what should I do?

Your usual doctor(s) remains responsible for your treatment, so their advice takes precedence over the TIME Study instructions. There are a few situations where they might advise that you change your medication timing back. You can inform us of this on your next follow-up submission.

I am going on a long haul flight and will be crossing time zones. How should I take my medication while I am away?

You should try to take your medication at the same time of day in relation to your main period of sleep. So, if you are allocated to morning dosing, you should take your medication soon after waking. Evening dosing should be taken shortly before retiring for the night. If you are adjusting your body clock to a new time zone, you should take your medication according to the time in that zone for the duration of your stay (i.e. your dosing allocation time frame, 6am-10am or 8pm-Midnight, should change with the time zone).