

# Your Blood Pressure: Check • Know • Share

A mother's blood pressure is an important measurement in pregnancy and after the baby is born. Blood pressure during pregnancy determines how your pregnancy is managed, informs timing of delivery, and signals potential risks and complications to mother and baby, such as preeclampsia and HELLP Syndrome, during pregnancy and right afterwards.

## CHECK Your Blood Pressure At Home

Take at least 2 readings a day: One in the morning and one in the evening. Record all results.

### Before You Take Your Blood Pressure

go to the bathroom



sit quietly 3-5 minutes



Within 30 minutes

DO NOT



smoke



eat



take  
medicine



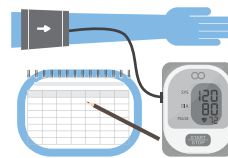
have  
caffeine



exercise

## Take Your Blood Pressure

- Sit up with your arm propped at the same level as your heart, place left bare arm through the cuff above your elbow.
- Keep legs uncrossed and feet flat on floor.
- Tighten the cuff around your arm and secure the Velcro fastener.
- Press START. Cuff will inflate, squeezing your arm, then deflate. Breathe normally, don't talk, still still and relax.
- Record your numbers twice a day



## KNOW Your Blood Pressure

Systolic BP (top number)		Diastolic BP (bottom number)	
Less than 140	and	Less than 90	Normal
140 to 159	or	90 to 109	Call your healthcare provider
160 or higher	or	110 or higher	Seek immediate medical attention

## SHARE Your Blood Pressure

- Discuss your blood pressure log at all prenatal and postpartum appointments.
- Act upon yellow or red zone numbers right away. Don't wait for a scheduled appointment



# The Cuff Kit

# Blood Pressure Instructions and Log

**Your Name:**

Take 2 readings a day: one in the morning and one in the evening, or as advised by your healthcare provider. Record all results below.

Date	Time	Blood Pressure systolic/diastolic	Heart Rate (pulse)		Date	Time	Blood Pressure systolic/diastolic	Heart Rate (pulse)
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## How to Get Help (record local contact information here)

**Blank forms, an instructional video, and additional resources are available at [www.preeclampsia.org/blood-pressure](http://www.preeclampsia.org/blood-pressure).**

HEALTH CARE DISCLAIMER: This program, related materials and services do not constitute the practice of medical advice, diagnosis or treatment. The quality of an at home reading is dependent on both the method and equipment. Always talk to your health care provider for diagnosis and treatment, including your specific medical needs. If you have or suspect that you have a medical problem or condition, please contact a qualified healthcare professional immediately. If you are in the United States and experiencing a medical emergency, call 911 or call for emergency medical help immediately.

