



# CHECK KNOW SHARE

## CHECK

### before taking your blood pressure

go to the bathroom



sit quietly 3-5 minutes



within 30 minutes

DO NOT



smoke



eat



take  
medicine



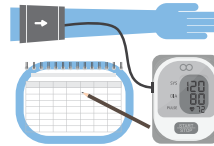
have  
caffeine



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
- ♥ 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
- ♥ record your numbers twice a day



## your numbers

less than  
 $\frac{140}{90}$

Normal

between  
 $\frac{140-159}{90-109}$

Call your healthcare provider

$\frac{160}{110}$   
or higher

Seek immediate medical care

## KNOW

### why blood pressure is important during pregnancy

- ♥ determines how your pregnancy is managed
- ♥ informs timing of delivery
- ♥ signals potential risks and complications to mother and baby, such as preeclampsia and HELLP Syndrome, during pregnancy and right afterwards



If either your top (systolic) or bottom (diastolic) number fall out of the normal range, take action

## SHARE



- ♥ 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