

Monitoring Your Blood Pressure in Pregnancy




Why is Blood Pressure monitoring important:

Blood pressure is an important measurement in pregnancy and after the baby is born. Blood pressure during pregnancy determine how a pregnancy is managed and when delivery needs to be planned. Blood pressure signals potential risks and complications during the pregnancy and in the days after delivery.

How to check your Blood Pressure at Home:

Take at least 2 readings each 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 <u>DO NOT</u>  Eat Smoke Medicate Exercise Drink
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- 1 Insert the air plug into the air jack securely until it clicks.

- 2 Apply the arm cuff onto your left upper arm.
The bottom edge of the arm cuff should be 0.5 inch above the inside elbow.

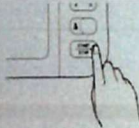

- 3 Wrap the cuff securely.
Make sure that air tube is on the inside of your arm.

Place the arm cuff **at the same level as your heart.**

Back and arm should **be supported.**

Keep feet **flat**, legs **uncrossed.**

- 1 Press the [START/STOP] button.

- 2 Remain still until the arm cuff deflates.
- 3 After the measurement, your reading is displayed.


Systolic BP (top number)		Diastolic BP (bottom number)	Range
Less than or equal to 135	and	Less than or equal to 85	NORMAL
136-159	OR	85-109	HIGH
160 or higher	OR	Greater than or equal to 110	SEEK IMMEDIATE ATTENTION

Bring your BP Log to all antenatal and post birth appointments

- **Red Zone:** Call WCGH Maternity Ward: 250-731-1370 Local 48194
- **Yellow Zone:** Reach out to your care provider if more than 25 % of the readings are in the yellow zone. Do not wait for your next appointment. Your provider may direct you to go to WCGH Maternity Ward.
- **If you are pregnant have symptoms of headache, visual disturbances, or abdominal pain >report of WCGH Maternity Ward.**

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BLOOD PRESSURE LOG FOR: _____

Take BP readings twice per day: in the morning and in the evening. Do this either every day or several times per week (depending on the instructions provided by your healthcare provider)

[illegible]

NOTE: BP higher than 160 systolic and/or 110 diastolic
OR

High BP with headache, visual disturbance, or abdominal pain
PHONE WCGH Maternity 250-731-1370 Local 48194

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