

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



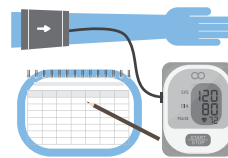
have
caffeine



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, sit 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