

Blood Pressure Log



Postpartum Blood Pressure Monitoring



Because you had high blood pressures in your pregnancy and/or in the postpartum period, we recommend that you check your blood pressure at home.

It take up to 6 weeks for postpartum people to return to their normal blood pressures. We will need to follow your blood pressures to make sure they stay in a safe range.

How to Take a Blood Pressure

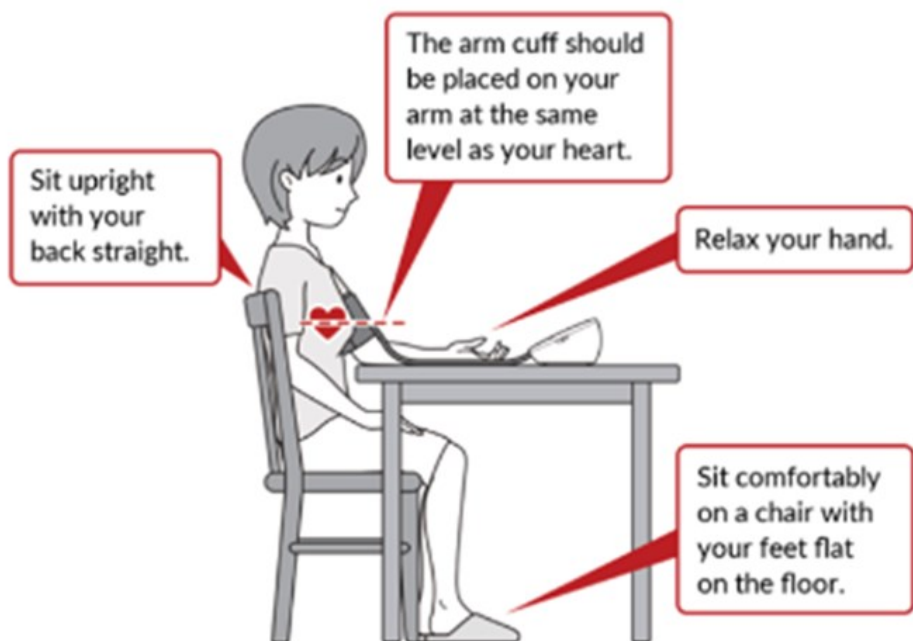
How to take your blood pressure (BP)

These are instructions for an electronic blood pressure monitor. Be sure you have the proper cuff size for your arm size.

- ▶ Sit in a comfortable chair with your back supported and feet flat on the floor.
- ▶ Rest for 5 minutes before taking your blood pressure.
- ▶ Slide the cuff onto your bare upper arm.
- ▶ Make sure the bottom edge of the cuff is about 1/2 inch above the bend of your elbow.
- ▶ Rest your arm comfortably.
- ▶ Press the "start" button on the electronic monitor.
- ▶ Remain still and quiet while the cuff inflates and deflates.
- ▶ Write down the numbers displayed on the screen.

Blood pressure readings have two numbers, for example: 120/80. The first number is your systolic pressure, and the second number is your diastolic pressure.

$$\text{BP} = \frac{\text{Systolic}}{\text{Diastolic}}$$



Remember, always follow the specific instructions provided with your electronic blood pressure cuff for the most accurate readings. If you have any concerns or questions, don't hesitate to contact us for guidance.

Video Instructions

Scan the code with our phone or visit:

<https://www.youtube.com/watch?v=IVMxIB388XI>



kidneyfund. (2020, September 17). *UHCOP: How to Measure Your Blood Pressure at Home* [Video]. YouTube. <https://www.youtube.com/watch?v=IVMxIB388XI>

Symptoms

If you experience any of these symptoms during pregnancy or post-partum they may be a sign of pre-eclampsia. If possible take your blood pressure and then call your OB Provider.

These symptoms are not always associated with a high blood pressure and should still be taken seriously.

Learn more at: www.saferbirth.org.



Headache that won't go away or gets worse over time



Severe belly pain that doesn't go away



Extreme swelling of your hands or face



Changes in your vision



Trouble breathing



Severe nausea and throwing up (not like morning sickness)

Instructions for Blood Pressure Monitoring

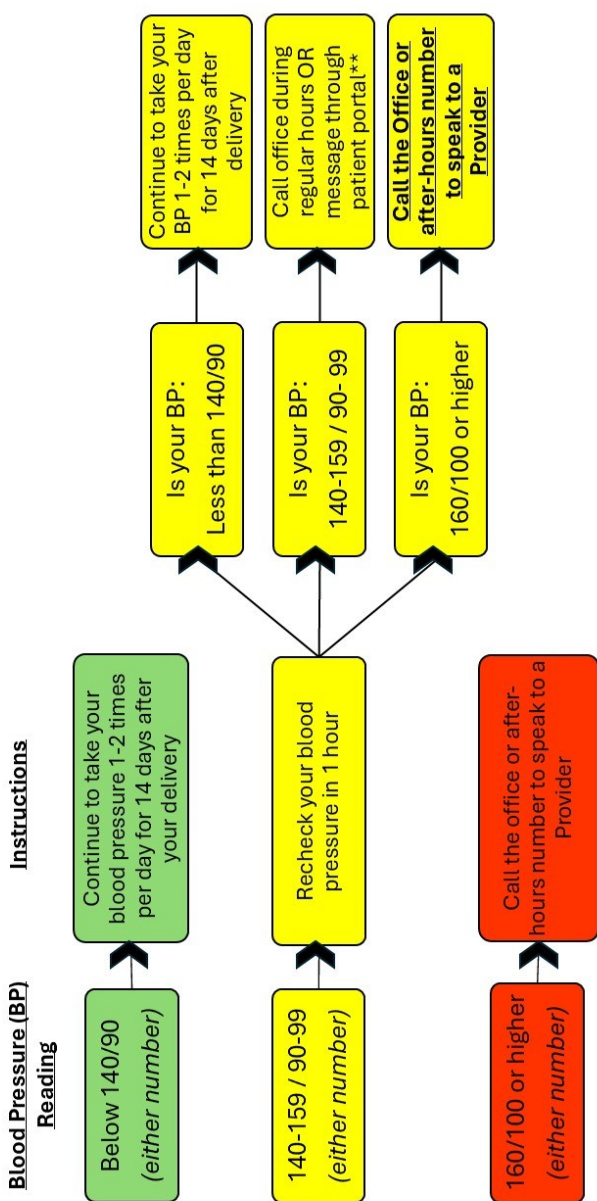
Please take your blood pressure 1 to 2 times per day for at least 2 weeks or as long as your Provider recommends.

Please use the table on the next page to determine if/when you need to contact your pregnancy Provider.

To communicate blood pressures to the OB clinic, you can relay via phone or take a picture and upload to your MyChart.

Please note: Our major safety concern is if the top blood pressure reading (systolic) is 160 or greater, and/or if the bottom number (diastolic) is 100 or greater. If this occurs it is important to call your on-call provider immediately.

What is your blood pressure reading?



**References to “the office” or “Provider” indicate contacting your Pregnancy Provider.

[illegible]

[illegible]

Please contact your pregnancy Provider when instructed in this booklet for management of blood pressures in the postpartum period.

If you need more support in taking your blood pressure at home, please speak to your pregnancy care provider or your primary care provider about community resources available to you.

Prenatal Provider Office Number: _____



