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

- Normal
- Call your healthcare provider
- Seek immediate medical care

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

Preeclampsia Foundation
www.preeclampsia.org