



High Blood Pressure/Hypertension Before and After Childbirth

Did you know???

 High blood pressure (also known as hypertension) during and after pregnancy can be very dangerous for moms. It can cause serious health problems.

- Be sure to monitor your blood pressure, write it down and take your log to your prenatal visits
- Sometimes, blood pressure gets even higher a few days after the baby is born.
- It's very important for new moms and doctors to keep checking blood pressure after the baby is born.
- If high blood pressure is not treated, it can lead to serious problems. Some moms have died after giving birth because of high blood pressure.
- Watching blood pressure closely can help stop things like strokes and other health problems.
- On your baby shower wish list, include a blood pressure cuff so you can start checking early.

KNOW Your Blood Pressure

Website. (n.d.). Blood pressure. Preeclampsia Foundation - Saving mothers and babies from preeclampsia. <https://preeclampsia.org/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.

It's very important to check a mom's blood pressure twice a day morning and evening. Write it down and share with your Healthcare provider at every visit.

Taking Your Blood Pressure: <https://www.preeclampsia.org/blood-pressure>

Resources: American Heart Association <https://www.heart.org/en/health-topics/high-blood-pressure>



Blood Pressure Tracking Record

Instructions: Write down the date, time, and your blood pressure numbers each time you check it. If you feel sick or miss a dose of your medication write this in the note section. At the end of the month share this record with your doctor.

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