

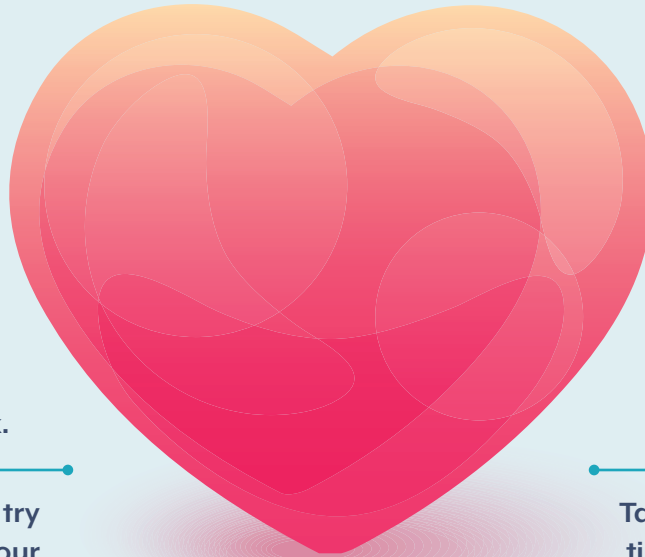
OB-GYN Home Blood Pressure Guide

Home Blood Pressure Measurement Instructions

Don't drink caffeinated or alcoholic beverages, smoke, or exercise 30 minutes before measurement.

Sit down and rest for at least five minutes before taking a reading. Place your arm comfortably on a flat surface at heart level. Remain calm and don't talk.

Before taking your reading, try to relax. Sit in a chair with your back straight and supported, with your feet flat on the ground.



When you measure your blood pressure take two readings at least one minute apart with the same arm and record all results.

Make sure the cuff size properly fits your arm

Take your blood pressure three times each day: early morning, midday, and in the evening.

Recommended Blood Pressure Levels in Pregnancy

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 140	and	LESS THAN 90
ELEVATED (Continue current management unless symptoms present)	140-149	or	90-99
HIGH (Call your provider)	150-159	or	100-109
SEVERE RANGE ((Seek care immediately)	160 OR HIGHER	or	110 OR HIGHER

Seek medical care immediately if your blood pressure is above 160/110

Contact your provider if you have a blood pressure >150/100 or are experiencing any warning signs.

OB-GYN Clinic: 729-3100 OB Triage: 729-4124



ALASKA NATIVE MEDICAL CENTER



The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-85. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

OB-GYN Home Blood Pressure Guide

Postpartum Preeclampsia

What is it?

Postpartum preeclampsia is a serious disease related to high blood pressure. It can happen to any woman who has just had a baby, **up to six weeks after the baby is born.**

Risks to you

- Seizures
- Organ damage
- Stroke
- Death

Warning Signs

- Stomach pain
- Feeling nauseous or throwing up
- Swelling in your hands and face
- Severe headache
- Seeing spots (or other vision changes)
- Shortness of breath



What can you do?

- Ask if you should follow-up with your primary care provider within one week of discharge.
- Keep all follow-up appointments.
- Watch for warning signs. If you notice any, call your primary care provider. (If you can't reach your provider, call 9-1-1 or go directly to an emergency room and report you have been pregnant).
- Trust your instincts.

For more information go to stillatrisk.org

Day	Morning Blood Pressure		Midday Blood Pressure		Evening Blood Pressure	
1						
2						
3						
4						
5						
6						
8						
9						
10						