



AT-HOME BLOOD PRESSURE LOG

High blood pressure during pregnancy or postpartum can cause problems for you and your baby. It can also raise your risk of heart disease and stroke. That's why it's important to keep your blood pressure at a healthy level.

To stay on track, check your blood pressure every morning and late afternoon. Write your numbers in the chart below and bring it to each appointment with your health care professional. If your numbers change a lot or are high, call your health care professional.

Tips to get the most accurate readings:

- Sit up straight with your back supported and your legs uncrossed and feet flat on the floor. Rest the arm with the cuff on a table so it's level with your heart.
- Before you start, wait at least five minutes and make sure you've gone to the bathroom. If you've had caffeine or exercised, wait at least 30 minutes.
- Wrap the cuff around your bare upper arm. Make sure it fits well. If it is too loose or too tight, the reading might not be correct.
- Relax and breathe normally. Sit still and don't talk.
- You should take two readings, one minute apart.

Where to Find a Blood Pressure Cuff

Validate BP is a free resource to help you find a device that has been tested and verified for clinical accuracy. The website includes a list of cuffs validated for use during pregnancy and postpartum. Visit validatebp.org.

Blood Pressure Levels During Pregnancy

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)		DIASTOLIC mm Hg (bottom/lower number)
NON-HYPERTENSIVE	LESS THAN 140	and	LESS THAN 90
HYPERTENSION IN PREGNANCY*	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION* (If you don't have symptoms, call your health care professional immediately)	160 OR HIGHER	or	110 OR HIGHER

*If you have any of these symptoms, call 911: severe headache, change in vision, abdominal pain, chest pain, significant swelling, or shortness of breath



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Blood Pressure Levels Postpartum

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)		DIASTOLIC mm Hg (bottom/lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120–129	and	LESS THAN 80
STAGE 1 HYPERTENSION (High Blood Pressure)	130–139	or	80–89
STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional)	HIGHER THAN 180	and/or	HIGHER THAN 120
HYPERTENSIVE EMERGENCY (If you have any of these symptoms*, call 911)	HIGHER THAN 180	and/or	HIGHER THAN 120

*symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision, or difficulty speaking

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GESTATION: ____ WEEKS

DATE	A.M.	P.M.

GESTATION: ____ WEEKS

DATE	A.M.	P.M.

GESTATION: ____ WEEKS

DATE	A.M.	P.M.

GESTATION: ____ WEEKS

DATE	A.M.	P.M.

GESTATION: ____ WEEKS

DATE	A.M.	P.M.

GESTATION: ____ WEEKS

DATE	A.M.	P.M.

GESTATION: ____ WEEKS

DATE	A.M.	P.M.

GESTATION: ____ WEEKS

DATE	A.M.	P.M.

For more information on high blood pressure during pregnancy or postpartum,
visit [goredforwomen.org/pregnancy](https://www.goredforwomen.org/pregnancy).