

Questions to Ask Your Health Care Professional About Blood Pressure While Pregnant

Your Health Care Professional will check your blood pressure at every visit while you're pregnant. It's important to ask questions so you understand what your numbers mean and how to stay healthy.

What is my blood pressure right now? Is it high, normal or low?

What are some signs and symptoms of high blood pressure during pregnancy?

Should I monitor my blood pressure at home?

What can I do to have a healthy blood pressure?

Do I need medication to help manage my levels?

- *What type of medication is safe for me and the baby?*
- *How long will I need to take the medication?*

How can high blood pressure affect my health and my baby's health?

(If you had high blood pressure or have a family history of high blood pressure)
Does my diagnosis / family history increase my risk for high blood pressure during pregnancy or postpartum?

Could I develop high blood pressure after giving birth?

How long should I monitor my blood pressure postpartum?

What signs or symptoms need immediate medical attention?

What are other warning signs for heart disease and stroke?

To find a validated blood pressure cuff for use during pregnancy, visit [ValidateBP.org](https://www.validatebp.org).

Learn more about blood pressure and
how to have a healthy pregnancy at

goredforwomen.org/pregnancy

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