



AT-HOME BLOOD PRESSURE LOG

High blood pressure during pregnancy can increase the risk of heart disease and stroke as well as lead to serious complications for you and your baby, so it's important to keep your blood pressure in a healthy range.

To know if you're on target, measure your blood pressure in the morning and late afternoon every day. Record your numbers in the chart below and review it together at every appointment. If your readings change significantly between visits, call your health care provider.

Tips to get the most accurate readings:

- Sit upright, back straight and supported, feet flat on the floor and your cuffed arm supported at heart level on a flat surface (such as a table).
- Wait five minutes before starting and be sure you've emptied your bladder. If you've been exercising or drinking caffeine, wait at least 30 minutes.
- Put the cuff on your arm with the bottom of it directly above your bent elbow. Make sure the cuff fits; if it's too big or too small, that could affect the reading.
- Relax and breathe normally. Sit still and don't talk.

Blood Pressure Category	Systolic mm Hg (upper number)	and/or	Diastolic mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120 - 129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130 - 139	or	80 - 89
High Blood Pressure (Hypertension) Stage 2	140 or Higher	or	90 or Higher
Hypertensive Crisis (consult your doctor immediately)	Higher than 180	and/or	Higher than 120

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GESTATION: ___ WEEKS

DATE	A.M.	P.M.

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DATE	A.M.	P.M.

GESTATION: ___ WEEKS

DATE	A.M.	P.M.

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DATE	A.M.	P.M.

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GESTATION: ___ WEEKS

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

To get support, ask questions and share your journey with other women who've been there, visit the American Heart Association's [Support Network Maternal Health Forum \(supportnetwork.heart.org\)](https://www.supportnetwork.heart.org).