

Know Your Blood Pressure Numbers

For patients who've had a high blood pressure disorder of pregnancy

What to know about high blood pressure disorders of pregnancy

People who had high blood pressure during pregnancy may continue to have high blood pressure for **up to 12 weeks after pregnancy**. It can also raise your lifetime risk of chronic high blood pressure, heart disease and blood vessel disease. It is vital that you keep monitoring your blood pressure and taking steps to control it.

- The general guidelines below are what your blood pressures mean.
- A heart healthy lifestyle that includes blood pressure control can help reduce these risks. A good blood pressure goal is less than 130/80 mmHg long-term.

Talk to your provider about high blood pressure disorder of pregnancy and what this means for your lifelong health.

Know your numbers

- Read “Checking Your Blood Pressure at Home” to learn the best way to take your blood pressure.
- **Refer to the next page** for general guidelines about what your blood pressures mean and what to do about them. Follow these instructions unless your provider tells you something different.
- For more resources, visit www.preeclampsia.org.

What to do if your blood pressure is high

Act right away if you have numbers in the yellow or red range—**don't wait for a scheduled appointment**.

When to call your provider


Regardless of your blood pressure, call your healthcare provider right away if you develop any of these symptoms:

- Severe headache
- Chest pain
- Trouble breathing
- Stomach pain
- Changes in vision
- Swelling in your hands and face.

Please say, “I am having symptoms of high blood pressure. My provider told me to call and ask to be seen right away when I have these symptoms.”

If you ARE pregnant OR it has been less than 12 weeks since you delivered


Systolic pressure (top number) is....		Diastolic (bottom number) is....	Your blood pressure is....
160 or higher	OR	110 or higher	VERY HIGH. Check it again in 10 minutes, then contact your provider.
140 – 159	OR	90 – 109	HIGH. Keep checking blood pressure 2 times a day. If your blood pressure is in this range for 2 readings, contact your provider within 24 hours. We will discuss starting or increasing your blood pressure medicine.
100 – 139	AND	60 – 89	NORMAL. Your blood pressure looks great! Keep checking it 2 times a day.
Less than 100	OR	Less than 60	LOW. Check your blood pressure again in 10 minutes, then contact your provider. We may need to make changes to your blood pressure medicine.



- Call your provider right away if you have these symptoms: a severe headache, vision changes, shortness of breath, chest pain, or right upper belly pain. **Call even if your blood pressure is okay.**
- Call 9-1-1 if you feel the symptoms are severe and that it is an emergency.

If you are NOT pregnant OR it has been more than 12 weeks since you delivered

Systolic pressure (top number) is....		Diastolic (bottom number) is....	Your blood pressure is....
Higher than 180	AND/OR	Higher than 120	Hypertensive crisis. Call your doctor right away.
140 or higher	OR	90 or higher	Hypertension Stage 2. Follow up with your provider.
130-139	OR	Less than 80	Hypertension Stage 1. Follow up with your provider.
120-129	AND	Less than 80	Elevated blood pressure (pre-hypertension). You are at higher risk of developing high blood pressure. Follow up with your provider.
Less than 120	AND	Less than 80	Normal.



- Call your provider right away if you have these symptoms: a severe headache, vision changes, shortness of breath, chest pain, or right upper belly pain. **Call even if your blood pressure is okay.**
- Call 9-1-1 if you feel the symptoms are severe and that it is an emergency.