

Hypertension & Home Blood Pressure Monitoring

Hypertension is a major risk factor for cardiovascular disease. Cardiovascular disease is the #1 cause of death for women in the United States. Hypertension or high blood pressure is a big concern in pregnancy. When maternal blood pressure is elevated during pregnancy, blood flow can be diverted from the placenta. When the placenta does not receive adequate blood flow, the baby may suffer. Because of this, we are asking that you monitor your blood pressure at home and record your findings.

Technique: 5 minutes of seated rest

Feet flat of the floor, back supported

Avoid caffeine & tobacco for 30 minutes prior

Arm @ the level of the heart

Frequency: Initially, daily for 1 week

Follow-up, 3 times a week

Medication change, daily for 2 weeks

