

# Monitoring your blood pressure at home during and after pregnancy

## Maternity Service

Information for Patients

Last reviewed: December 2023

Updated: April 2026

Next review: December 2026

Leaflet number: 927 Version: 2.2

Patient sticker:

## Returning the blood pressure monitor

Please return the blood pressure monitor to us as soon as you have been discharged from this scheme so others can use it.

Please hand it in to the Maternity Reception Desk, where staff will issue you with a receipt.

Thank you for your co-operation.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals.  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

## Blood pressure limits

	Antenatal limit	Postnatal limit
Systolic:		
Diastolic:		

## Recording your readings

Please enter results from your blood pressure readings in this booklet. If a reading goes above the level set by your consultant, please retake the test after 30 minutes. If the reading is still above the limit please call one of the midwives on the contact details below.

If you are on medication it is best to check your blood pressure around 2 hours after your last dose (ideally mid-morning).

## Additional symptoms

If you have any of the additional symptoms below, please contact one of the numbers below:

- Feeling sick (nausea) or generally feeling unwell
- Being sick (vomiting)
- Severe headache
- Problems with your vision
- Pain under your ribs

## Contact details

Claire Dodd (Specialist Midwife in hypertension)	07966 558 325
Andrea Goodlife (Specialist Midwife in hypertension)	07833 611 697
Angela Ciurusniuc (Specialist Midwife in hypertension)	07483 720 233
Maternity Assessment Unit (24 hours)	0116 258 6111

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<b>Comments:</b>		

<b>Date:</b>		
<b>Blood pressure</b>	<b>AM</b>	<b>PM</b>
<b>Systolic:</b>		
<b>Diastolic:</b>		
<b>Comments:</b>		

<b>Date:</b>		
<b>Blood pressure</b>	<b>AM</b>	<b>PM</b>
<b>Systolic:</b>		
<b>Diastolic:</b>		
<b>Comments:</b>		

<b>Date:</b>		
<b>Blood pressure</b>	<b>AM</b>	<b>PM</b>
<b>Systolic:</b>		
<b>Diastolic:</b>		
<b>Comments:</b>		

<b>Date:</b>		
<b>Blood pressure</b>	<b>AM</b>	<b>PM</b>
<b>Systolic:</b>		
<b>Diastolic:</b>		
<b>Comments:</b>		

<b>Date:</b>		
<b>Blood pressure</b>	<b>AM</b>	<b>PM</b>
<b>Systolic:</b>		
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<b>Date:</b>		
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<b>Date:</b>		
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<b>Systolic:</b>		
<b>Diastolic:</b>		
<b>Comments:</b>		

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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