

Monitoring your blood pressure after pregnancy

Maternity Services

Information for Patients

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Introduction

The Postnatal Blood Pressure Surveillance Scheme means that you can check and record your own blood pressure at home, after the birth of your baby.

The scheme aims to achieve an earlier discharge for you from hospital. It also aims to confirm a medical diagnosis for high blood pressure if needed. A medical diagnosis is important for any future pregnancies and your general health.

Checking and recording your blood pressure

Take your blood pressure once a day. Record it in a monitoring book. Take your medication as prescribed. If you are on medication for your blood pressure, take the reading at least 1 hour **after** taking your medication.

You will get a phone call every 2 weeks from a member of the team, who will review your blood pressure readings. They will make adjustments to your medication if needed. You will be asked to either continue, reduce or stop medication. Sometimes there may be a need to increase or change your medication.

Please do not stop your medication unless you are told to by a team member. If you suddenly stop taking your medication this can lead to a sudden and dangerous rise in blood pressure.

If my blood pressure is high, who do I need to contact?

Blood pressure changes throughout pregnancy and after birth. Some women start to get high blood pressure during pregnancy. It can sometimes take a few weeks or months to settle back to within normal.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

If your blood pressure is above 150/100, take a repeat reading again after 30 minutes. If it is still high please contact one of the midwives below for advice:

- Claire Dodd (Specialist Midwife in hypertension): 07966 558 325
- Andrea Goodlife (Specialist Midwife in hypertension): 07833 611 697
- Leicester Royal Infirmary - Maternity Assessment Unit (MAU): 0116 258 6312
- Leicester General Hospital - Maternity Assessment Unit (MAU): 0116 258 4808

This does not always mean you will be re-admitted to hospital. It usually means we will need to alter your medication or put you under closer observation.

Who should I contact to get more medication?

If you are running out of medication you will need to contact your GP. If you have any problems with this, please contact one of the midwives above. They will arrange a repeat prescription for you.

What happens next?

Checking and recording your blood pressure is an important part of this scheme. If you do not do this your medication cannot be safely altered as a result.

We may need to carry on a follow-up of your blood pressure with you for up to 10 to 12 weeks, after the birth of your baby. If there are no more issues after this time we will write to your GP of your discharge from this scheme.

If there is still a problem with your blood pressure, then we will write your GP to arrange a referral to an expert on high blood pressure outside of pregnancy.

Should you have any worries or questions about this scheme, please do not hesitate to contact one of the midwives above.

Please remember to return the blood pressure monitor and your recording book to our Maternity Reception as soon as possible after you have been discharged from the scheme. These are part of your maternity notes.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة 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 ਵਿਰਧਾ 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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