

Monitoring your blood pressure after pregnancy

Maternity Services

Information for Patients

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Introduction

The Postnatal Blood Pressure Surveillance Scheme has been set up to allow closer monitoring of your blood pressure from home, after the birth of your baby.

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

Monitoring and recording your blood pressure

Take your blood pressure once a day and 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 once every 2 weeks from a member of the team who will take an average of your blood pressure readings, and make adjustments to your medication if needed. You will be asked to either continue, reduce or stop medication, but 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 result in a sudden and dangerous increase 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 develop high blood pressure during pregnancy that 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 exceeds 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 necessarily 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 who will arrange a repeat prescription for you.

What happens next?

Monitoring and recording your blood pressure forms an important part of this scheme; if you do not do this your medication cannot be safely altered accordingly.

We may need to continue 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 further issues after this time we will notify your GP of your discharge from this scheme.

Should your blood pressure still be a problem, then we will advise 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 (as this forms part of your maternity notes) to our Maternity Reception as soon as possible after you have been discharged from the scheme.

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 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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