



Blood pressure and urine monitoring during pregnancy

Patient information factsheet

How to take your blood pressure at home using an upper arm monitor

- You will be asked to take your blood pressure reading:
 - On the morning of your clinic appointment if you have normal blood pressure.
 - Once a week if you are at greater risk of getting high blood pressure.
 - One to three times a week if you have high blood pressure.
- Check with your Midwife or Doctor how often they would like you to monitor your blood pressure.
- Always measure your blood pressure using the same arm (normally the left arm).
- Wear loose clothing with sleeves that roll up easily and do not feel tight when rolled up (you will need to fit the cuff onto your bare arm) or take your arm out of the clothing.
- Sit on a chair with your back supported and both feet flat on the floor. Rest for five minutes before beginning to take blood pressure readings.
- Slip the cuff onto your arm so that the air tube points towards your wrist. The yellow line on the cuff should be over the inside of your elbow.
- Adjust the bottom edge of the cuff so that it is about 2 cm above the inside of the elbow joint.
- Tighten the cuff around the arm and secure using the Velcro.
- Rest your arm on a table or across your lap with your hand slightly open and the palm facing upward.
- Once the machine is set up, you have the cuff in the correct position and you are ready to start, press the start button on the front of the machine to take a reading.



- Relax, do not move your arm muscles and do not talk until the measurement is completed.
- Each time you measure your blood pressure you will get two readings:
 - The top number (usually called SYS, short for systolic),
 - The bottom number (usually called DIA, short for diastolic)
 - You may also get the pulse displayed, usually called PUL
- Measure your blood pressure twice, at least one minute apart.
- Write down the second blood pressure reading (on your phone, in your maternity notes), or send it by text or smartphone app if you are using one of these systems.
- Act on your blood pressure according to the instructions in the table below:

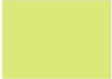











BP traffic light grid (If you have any queries regarding your blood pressure monitoring or the machine, please contact your Midwife).


Level	Blood pressure (/mmHg)	Action
High	SYS 150 or more OR DIA 100 or more	Your blood pressure is high. Sit quietly for 5 minutes then measure it again and note the reading. If your repeated reading is raised, please contact your maternity unit for review today (within 4 hours) and continue to monitor your blood pressure daily. If your repeated SYS (systolic) reading is 160 or more, make sure that you make contact with a healthcare professional in this time.
Raised	SYS 140–149 OR DIA 90–99	Your blood pressure is raised. Sit quietly for 5 minutes then measure it again and note the reading. If your repeated reading is raised, please contact your maternity unit within 24 hours and continue to monitor your blood pressure daily.
High Normal	SYS 135–139 OR DIA 85–89	Your blood pressure is normal but moving towards the raised threshold. Sit quietly for 5 minutes then measure it again and note the reading. If your repeat reading is still high end of normal, please monitor your blood pressure daily.
Normal	SYS 110–134 AND DIA 70–84	Your blood pressure is normal. Continue blood pressure monitoring and your current care.
Low	SYS 109 or less AND DIA 69 or less	If you are not taking blood pressure medication: Your blood pressure is normal. If you are feeling well this blood pressure does not need any further action. If you are taking blood pressure medication: Your blood pressure is low. Repeat once more in 5 minutes. If you repeat reading is still low, contact your maternity unit within 24 hours or within 4 hours if you feel unwell (e.g. dizzy or faint).



Monitoring your urine

This will show if protein or glucose is present. Please see below for instructions and reporting.

PROTEIN 60 sec.						
	NEGATIVE	TRACE	+	++	+++	++++
GLUCOSE 30 sec.						
	NEGATIVE	TRACE	+	++	+++	++++



1. After cleaning your vulva, catch a mid-stream urine sample into a sterile pot
2. Place dipstick into urine to cover the coloured tabs
3. Wait 60 seconds
4. Check colour against the chart on the bottle and read the level (NEG/TRACE/+/++/+++/++++/+++++)

If +1 protein is detected or more, please notify your Midwife or call Triage that day (Maternity Triage – 020 7288 5880)

If glucose detected, please notify your Midwife at your next appointment

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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