



At Home Blood Pressure Instructions

How to take a blood pressure?

There are times during the pregnancy or after delivery that we will instruct you to take your blood pressure at home. Here are some tips to take an accurate blood pressure.

1. Avoid caffeine, exercise, and smoking for at least 30 minutes before taking blood pressure. Make sure you recently emptied your bladder.
2. Place the blood pressure cuff above your elbow on your skin. Remove any heavy clothing.
3. Sit in a chair and relax for 5 minutes or longer, with both feet on floor and back supported.
4. Start the automated system. It is important not to talk during the measurement.

When should I take my blood pressure?

Take your blood pressure twice a day and keep a record of the readings. If you are taking a medication to lower your blood pressure, be sure to take your medication as instructed. Ideally you should take your medication before you take your blood pressure measurement.

Is something wrong with my blood pressure cuff?

It can be helpful to compare your blood pressure cuff readings to a medical grade blood pressure cuff. If you bring your cuff to one of your appointments, we can check this. Please note that blood pressure cuffs come in different sizes. The medical supply store can help to verify that you have the correct size for you.

What blood pressure results should I be concerned by?

The blood pressure goals may change depending on your clinical situation. Please notify the office or the on-call doctor if one or both numbers are 160/110 or higher.