



_____’s BLOOD PRESSURE LOG

Date of Birth: _____ Current BP Medications: _____

Diagnoses: _____

Please **bring this log to all OB visits** (MFM and prenatal visits)

Visit preeclampsia.org//blood-pressure for instructions on taking your BP

Date	Time	Blood Pressure systolic/diastolic	Heart Rate (pulse)		Date	Time	Blood Pressure systolic/diastolic	Heart Rate (pulse)

Know your numbers!

Less than 140/90	Normal
Between 140-159/90-109	Call your OB provider
More than 160/110	Seek immediate emergency care

Signs and Symptoms of Preeclampsia

- Headache that doesn't go away with Tylenol
- Persistent changes in vision: seeing spots, flashing light, dizziness and/or light sensitivity
- Pain in your tummy, likely under your right breast
- New severe nausea and vomiting

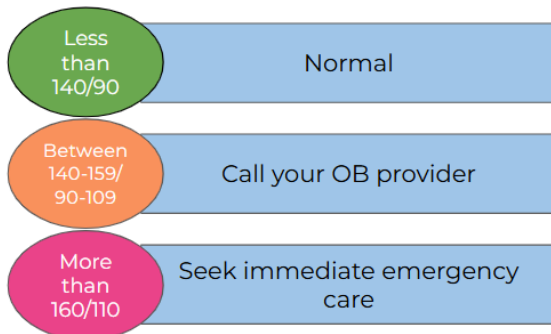
If you have any of these symptoms, please seek emergency care – especially if your BP is higher than usual

Name _____

DOB: _____

[illegible]

Know your numbers!



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If you have any of these symptoms, please seek emergency care – especially if your BP is higher than usual