

_____’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

☐ Please take baby **aspirin 81 mg** nightly (decreases the chance of preeclampsia)

Take 2 readings a day: one in the morning and one in the evening, or as advised by your healthcare provider. Record all results below.

Date	Time	Blood Pressure systolic/diastolic	Heart Rate (pulse)		Date	Time	Blood Pressure systolic/diastolic	Heart Rate (pulse)
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KNOW your numbers.

less than 140 90	Normal
between 140-159 90-109	Call your healthcare 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 blood pressure is higher than usual.

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