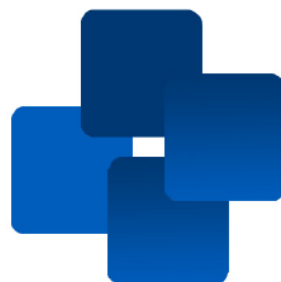


# **Patient Information**

## **Monitoring Blood Pressure at Home**

Women's Services



## **Introduction**

You have been identified as being suitable to carry out some of your blood pressure checks at home due to having one of the following:

- Essential hypertension
- Pregnancy induced hypertension
- Pre-eclampsia

The midwife at the Day Assessment Unit (DAU) will arrange an appointment for you to attend DAU. At this appointment you will be provided with a monitor and given the information you'll need to measure your blood pressure at home.

## **The benefits of home blood pressure monitoring**

- You can check your blood pressure from the comfort of your own home.
- It reduces the number of visits you need to make to the maternity unit.
- You can fit the blood pressure monitoring into your routine at a time convenient to you.

## **How often should I check my blood pressure?**

You will be advised of how often you should measure your blood pressure at home by the DAU midwife when you attend your initial appointment. You may also require additional appointments in DAU, the antenatal clinic for urine and blood checks, or an ultrasound scan, but the midwives and doctors will let you know if this is required.

## How to use your home blood pressure monitor

- Always measure your blood pressure using the same arm (normally the left arm). Your arm needs to be bare.
- Sit on a chair with your back supported and both feet flat on the floor. Rest for five minutes before taking your 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 2cm above the inside of the elbow joint and tighten the cuff around the arm. Secure using the Velcro.
- Rest your arm on a table or across your lap with your hand slightly open and the palm facing upward.
- Press the start button on the front of the machine to take a reading - **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 a reading set out in this format: **SYS 120/DIA 80**
- Measure your blood pressure twice, at least one minute apart.
- Write down the second blood pressure reading on page 5 of this leaflet.

Refer to the colour coded chart on page 4 to check what level your blood pressure is at and to see if any action needs taking.

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 BP daily. <b>If your repeated SYS (systolic) reading is 160 or more, make sure that you make contact with a healthcare professional in this time.</b>
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 BP 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	<b>If you are not taking blood pressure medication:</b> Your blood pressure is normal. If you are feeling well this blood pressure does not need any further action. <b>If you are taking blood pressure medication:</b> 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).



## **Seek advice if you have any of following symptoms:**

- Persistent headache
- Visual disturbances
- Nausea and vomiting
- Pain just below your ribs on the right hand side
- Swelling of the face, hands, feet and ankles (you may not experience all of these together)
- If you feel generally unwell

**Please call Triage straight away - ☎ 01438 286168**

You'll be advised to attend the Maternity Unit for an assessment.

**Do not wait for your next appointment.**

# Important

## Visiting Lister Hospital's Maternity Unit

**To keep patients and staff safe, we are restricting visitors to our Diamond Jubilee Maternity Unit:**

- **Only one** named birthing partner is allowed during labour at both the Consultant Led Unit (CLU) and the Midwife Led Unit (MLU). **This person cannot be swapped.**
- On Dacre and Gloucester wards there will be **no** visiting.
- If you are attending Triage, the Day Assessment Unit (DAU), Antenatal Clinic or scan department, please attend alone.

### Additional information

If you have any questions or concerns, please speak to your midwife.

## Useful contact details

Antenatal Clinic, Lister Hospital	☎ 01438 314333 ext.4070
Antenatal Appointments	☎ 01438 286031
Consultant Led Unit, Lister Hospital	☎ 01438 284124 (24 hours)
Dacre Ward	☎ 01438 284072 or 285925
Maternity Triage, Lister Hospital	☎ 01438 286168 (24 hours)
DAU	☎ 01438 286166

## Useful websites for more information

### NHS Website

[www.nhs.uk/conditions/pregnancy-and-baby/](http://www.nhs.uk/conditions/pregnancy-and-baby/)

### Further reading

There are other maternity information leaflets you may wish to read. These are available on our East & North Herts NHS Trust website:

[www.enherts-tr.nhs.uk/patient-information/](http://www.enherts-tr.nhs.uk/patient-information/)

**You and your baby are important to us –  
Thank you for choosing East and North Herts NHS Trust**

The Diamond Jubilee Maternity Unit  
Lister Hospital  
Coreys Mill Lane  
Stevenage  
Herts SG1 4AB

**[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)**

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