

## Blood Pressure Chart

Date	BP	Comments

If you or your Lead Maternity Carer would like to speak to a physician for advice, phone (09) 307 4949 and ask the operator to put you through to \_\_\_\_\_ or the obstetric physician on call.

**You will need to arrange a follow up visit with your GP at, or before six weeks postpartum.**



## Postnatal Information

### High Blood Pressure in the Postnatal Period

For women who have had high blood pressure during their pregnancy/postnatal period

Affix patient label here

You have been discharged from hospital with high blood pressure (hypertension) following delivery.

Your blood pressure medication(s) is/are \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Take \_\_\_\_\_ (dose) \_\_\_\_\_ times per day.

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Please get your blood pressure checked \_\_\_\_\_ time(s) per week and record it on the back of this booklet.

Contact your LMC or GP if you have any of the following symptoms:

- Headache
- Visual disturbance
- Upper abdominal pain
- Dizziness
- Blood Pressure more than 160/100.

Once your blood pressure is less than 120/80, follow the advice to start weaning your medication(s).

**Avoid sudden stopping of your medication(s) as this can cause rebound hypertension (sudden increase in your blood pressure).**

**Instructions for reducing your dose (once BP is less than 120/80):**

**Medication:** \_\_\_\_\_

*Number of tablets (dose):* \_\_\_\_\_

*Number of times per day:* \_\_\_\_\_

**Instructions for Reducing Dose:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Date Stopped:* \_\_\_\_\_

**Medication:** \_\_\_\_\_

*Number of tablets (dose):* \_\_\_\_\_

*Number of times per day:* \_\_\_\_\_

**Instructions for Reducing Dose:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Date Stopped:* \_\_\_\_\_

**Medication:** \_\_\_\_\_

*Number of tablets (dose):* \_\_\_\_\_

*Number of times per day:* \_\_\_\_\_

**Instructions for Reducing Dose:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Date Stopped:* \_\_\_\_\_