**Contact numbers**

*[insert contact numbers]*

**Contact the hospital URGENTLY if you have any concerns, symptoms *(Severe headache, flashing lights, severe pain at the top of your tummy, under your ribs or on your right side)* or if your blood pressure reading is:**

* Pregnancy SYSTOLIC 140 or above / DIASTOLIC 90 or above
* Postnatal SYSTOLIC 150 or above / DIASTOLIC 100 or above

|  |  |  |
| --- | --- | --- |
| 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. **If your repeated SYS (systolic) reading is 160 or more, please make sure you contact a healthcare professional in this time.** |
| 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 repeated reading is still high end of normal, please monitor your BP daily |
| Normal | SYS 110-134 AND DIA 70-84 | Your blood pressure is normal. Continue blood pressure monitoring again and your current care. |
| Low | SYS 109 or less ANDDIA 69 or less | **If you are not taking blood pressure medication**:Your blood pressure is normal. If you are feeling well, this blood pressure does not need any further action.**If you are taking blood pressure medication:**Your blood pressure is low. Repeat once more in 5 minutes. If your repeat reading is still low contact your maternity unit within 24 hours or within 4 hours if you feel unwell |

**Self-monitoring blood pressure in pregnancy and the postnatal period**

**Quick Guide**



[LOGO]

# **Using the monitor with FLO messages**

**Getting started**

Your midwife will help you set up the blood pressure monitor and teach you how to use it with the FLO text messages. A detailed instruction booklet is provided with the monitor and video instructions are available here: [[LINK](https://www.youtube.com/watch?v=nClq3MJxIpk) TO YOUTUBE MANUFACTURERS GUIDE]

**Get comfortable and relax**

Sit comfortably on a chair. Rest your arm on the table. Do not cross your legs. Keep your feet on the floor and straighten your back. Relax for about five to ten minutes before.

**Applying the Arm Cuff**

1. Wrap the cuff around the upper arm, about 1-2 cm above the inside of the elbow. Place the cuff directly against the skin.

2. Constriction of the upper arm, caused by tightly rolling up a shirtsleeve, may prevent accurate readings.

3. Confirm that the index points within the proper fit range.

**Taking a reading**

Place the centre of the cuff at the same height as your heart and press START. Sit quietly during measurement. The cuff starts to inflate and feel very tight. If a measurement is not obtained, the cuff may start to inflate again. When measurement is complete the Blood pressure and pulse rate will be displayed on the screen. Measure your blood pressure twice, at least one minute apart.

Each time you measure your blood pressure you will get two readings:

* The top number (usually called SYS, short for systolic),
* The bottom number (usually called DIA, short for diastolic)
* You may also get the pulse displayed, usually called PUL

The top two numbers from the second blood

pressure reading should be typed into the

FLO text message (e.g. **BP 124 82**).

**When to take a reading**

You will be asked to take either on the morning of your clinic appointment if you have normal blood pressure, once a week if you are at higher risk of getting high blood pressure, one to three times a week if you have high blood pressure.

Check with your midwife or doctor how often they would like you to monitor your blood pressure. The ‘Florence’ text messages will send reminders on the day

**Testing your urine for protein at home**

Your midwife will provide you with testing strips and bottles and show you how to use them at home

* To avoid contamination, clean the area between the labia
* To collect the sample, urinate a small amount into the toilet then stop. Next urinate into the sample bottle until it is full
* Dip the urine strip into the sample. Submerge all the reagent pads and leave for 1-2 seconds. Use the rim of the bottle to remove excess urine
* Leave for 30-60 seconds (do not record colour changes after 2 min)
* Compare the colour change for the protein reagent (PRO) against the values on the urine strip bottle (normal 0, 1+, 2+ etc)
* Type the value into the FLO text message (e.g. **P0 BP 124 82**).

**Blood pressure readings will not be reviewed routinely by your midwife or doctor.**