

Monitoring your blood pressure (BP) after your baby has been born

- You should check your BP once a day on day 1-5 (if discharged), then on day 7, 14, 21, 28 and 35 unless advised to stop as per the table below. On day 7, 14, 21 and 28 consider if you have enough medication and contact your GP early for further prescription to reduce the chance of running out.
- You can check this either by using a blood pressure cuff provided by the hospital, at a local pharmacy, if you do not have access to this you can contact your GP
- If you feel unwell with headaches, blurred vision, nausea and vomiting, dizziness or lightheaded, you should check your BP and contact your maternity unit for advice.

	Sys <100 and Dia <80	Sys 100-129 and Dia <80	Sys 130-149 Or Dia 80-100	Sys >150 Or Dia >100
Day 1-5	Your medication may need to be reduced. Contact your midwife or maternity unit for advice.	Continue current medications.	Continue current medications.	An increase in medication is indicated. Contact your midwife or maternity unit for advice today.
Day 7	Stop Medication and recheck BP the next day.*	Reduce medication as per individual plan. Recheck BP on Day 14 or if any side-effects. Please ensure you have enough medication, if not contact your GP	Continue current medications, recheck BP on Day 14 or if having side-effects.	An increase in medication is indicated. Contact your midwife or maternity unit for advice today.
Day 14	Stop Medication and recheck BP the next day.*	Stop Medication and recheck BP the next day.*	Continue current medications, recheck BP on Day 21 or if having side-effects.	An increase in medication is indicated. Contact your midwife or maternity unit for advice today.
Day 21	Stop Medication and recheck BP the next day.*	Stop Medication and recheck BP the next day.*	Continue current medications, recheck BP on Day 28 or if having side-effects.	An increase in medication is indicated. Contact your GP for advice today.
Day 28	Stop Medication and recheck BP the next day.*	Stop Medication and recheck BP the next day.*	Continue current medications, recheck BP on Day 28 or if having side-effects.	An increase in medication is indicated. Contact your GP for advice today.
Day 35	Stop Medication and recheck BP the next day.*	Stop Medication and recheck BP the next day.*	Continue current medications until you see your GP for your 6-8 week check-up.	An increase in medication is indicated. Contact your GP for advice today.
*Day after stopping BP medication	Remain off medication. You do not need to recheck your BP. See your GP for your 6-8 week check-up.	Remain off medication. You do not need to recheck your BP. See your GP for your 6-8-week check-up.	Restart your medication at the same dose. Check your BP again in 1 week or if you have side-effects. Refer to the instructions above.	Restart your medication at the same dose. Contact your midwife or maternity unit for advice today.

If you have had raised blood pressure you will be more prone to raised blood pressure later in life. We recommend you check your blood pressure yearly (you can do this in your local pharmacy) and discuss with your GP if this is raised.

Further resources: Action on Pre-eclampsia (APEC) website available [here](#)