

# Blood Pressure Pregnancy Chart

## Patient Information

Full Name:

Date of Birth:

Gender:

Patient ID:

Contact Number:

Email Address:

Gestation period:

Midwife / Prenatal Care Contact:

## Recommended patient parameters

blood pressure category	systolic mm Hg	and/or	diastolic mm Hg
<b>NORMAL</b>	less than 120	and	less than 80
<b>ELEVATED</b>	120-129	and	less than 80
<b>HYPERTENSION STAGE 1</b>	130-139	or	80-89
<b>HYPERTENSION STAGE 2</b>	140 or higher	or	90 or higher
<b>HYPERTENSIVE CRISIS</b>	higher than 180	and/or	higher than 120

## Symptoms of hypotension:

- dizziness       blurred vision       rapid breathing       fatigue       cold, clammy skin

## Symptoms of hypertension:

- flushed skin       swelling of hands and feet       headaches  
 shortness of breath       nausea       vomiting

**Patients Records:**

Date/Time	Systolic	Diastolic	Interpretation

**Intervention:**

- Low dose aspirin Daily
- pressure reading BP
- medication

**Physician's Notes and Recommendations:**

**Physician's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_