

Normal Blood Pressure Range During 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
NORMAL	less than 120	and	less than 80
ELEVATED	120-129	and	less than 80
HYPERTENSION STAGE 1	130-139	or	80-89
HYPERTENSION STAGE 2	140 or higher	or	90 or higher
HYPERTENSIVE CRISIS	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:** ____ / ____ / _____