

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 (Please check all that apply.):			
<div><input type="checkbox"/> Dizziness</div> <div><input type="checkbox"/> Blurred vision</div> <div><input type="checkbox"/> Rapid breathing</div> <div><input type="checkbox"/> Fatigue</div> <div><input type="checkbox"/> Cold, clammy skin</div>			
Symptoms of hypertension (Please check all that apply.):			
<div><input type="checkbox"/> Flushed skin</div> <div><input type="checkbox"/> Swelling of hands and feet</div> <div><input type="checkbox"/> Headaches</div> <div><input type="checkbox"/> Shortness of breath</div> <div><input type="checkbox"/> Nausea</div> <div><input type="checkbox"/> Vomiting</div>			

Patient records

Date and time	Systolic (mm Hg)	Diastolic (mm Hg)	Interpretation

Intervention (Please check all that apply.):

- ☐ Low-dose aspirin
- ☐ Daily pressure reading
- ☐ BP medication

Physician's notes and recommendations:

Physician's name:

Signature:



Date:

References

American College of Obstetricians and Gynecologists. (2022, April). *Preeclampsia and high blood pressure during pregnancy*. <https://www.acog.org/womens-health/faqs/preeclampsia-and-high-blood-pressure-during-pregnancy>.

American Heart Association. (2017). *Hypertensive crisis: When you should call 9-1-1 for high blood pressure*. <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/hypertensive-crisis-when-you-should-call-911-for-high-blood-pressure>