

BP Cuff Resources for CHC

TAKING YOUR BLOOD PRESSURE AT HOME DURING PREGNANCY

We are giving you a blood pressure cuff to use at home because blood pressure in the mother is very important to your health during the pregnancy and the safety of the baby. Your doctor, midwife or nurse-practitioner will tell you when to check your blood pressure. Always check it before your phone or video prenatal visit (also called a Telehealth visit).

During pregnancy please check your blood pressure during your telemedicine visits with your doctor or midwife and tell them the numbers that come up.

Please do not share the cuff with other people.

If you check your blood pressure on your own and the top number is over 140 or the bottom number is more than 90, we worry your blood pressure is not normal. If it is high during the day you can call your community health center to speak to a nurse. At night or on weekends you can call Labor and Delivery to talk to a doctor or midwife. The number is 617-414-4364. We are open 24 hours a day.

Important: When you have your baby, please drop the blood pressure off at the Women's Health Department for your post-partum visit or at the time of your pediatric visit.

How to take your blood pressure with a standard Omron blood pressure cuff:

Step 1: Make sure the cuff is plugged into the machine.

Step 2: Slide your arm through the cloth loop. Your arm will be positioned in the same direction as the image on the cuff.

Step 3: Make sure the tubing is on the inside of your arm opposite from your elbow

Step 4: Tighten the cuff by pulling the cloth through the metal ring and paste the Velcro together

Step 5: Press the button

Step 6: Watch the machine light up and let the cuff slowly tighten. You will see numbers on the screen.

Step 7: When the blood pressure is done you will see three numbers on the right of screen. The first number is the blood pressure top number, the second is the blood pressure bottom number and the third is your heart rate. Your most recent blood pressure will display on the left. Write these numbers down on your tracking sheet. The machine may display "HIGH," but your provider will tell you what your target blood pressure is, which may be different from the machine's default.
