PRENATAL: STANDARD OMRON BLOOD PRESSURE CUFF

1. Take your blood pressure before your phone or video prenatal visit. Write down the results. Write down both the top number and the bottom number. Keep the numbers in a place you can find them.

2. If the top number is more than 140 or the bottom number is more than 90 report this to your doctor or midwife during your telemedicine visit. If you do not have a telemedicine visit 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: Please keep the box we gave you. When you no longer need the blood pressure monitor, you can put the monitor and cuff in the box and return it to BMC in 1 of 3 ways. By returning the cuff, you allow us to help another patient.

- Bring the box to a **postpartum check-up** at your health center

Date and Time	Blood Pressure Top number (Systolic) Bottom number (Diastolic)

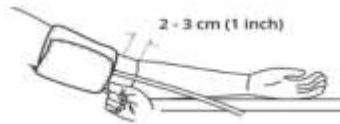## How to take your blood pressure with a standard Omron blood pressure cuff:

Step 1: Make sure the cuff is plugged into the machine. Sit comfortably in a chair with your legs uncrossed.

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

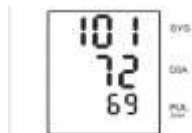**Step 3:** Make sure the tubing is on the inside of your arm opposite from your elbow

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

Step 5: Press the START/STOP 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.

Step 8: When you are done, press the START/STOP button to turn the machine off.