**Appendix 4: Blood pressure thresholds for self-monitoring**

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| **LEVEL** | **BLOOD PRESSURE**  **/mmHg** | **ACTION** |
| **HIGH** | SYS 150 or more  OR  DIA 100 or more | Your blood pressure is high.  Sit quietly for 5 minutes then measure it again and note the reading.  If your repeated reading is raised, please contact your maternity unit for review today.  **If your repeated SYS (systolic) reading is 160 or more, make sure that you make contact with a healthcare professional immediately.** |
| **RAISED** | SYS 140-149  OR  DIA 90-99 | Your blood pressure is raised.  Sit quietly for 5 minutes then measure it again and note the reading.  If your repeated reading is raised, please contact your maternity unit within 24 hours and continue to monitor your BP. |
| **HIGH NORMAL** | SYS 135-139  OR  DIA 85-89 | Your blood pressure is normal but moving towards the raised threshold.  Sit quietly for 5 minutes then measure it again and note the reading.  If your repeat reading is still high end of normal, please monitor your blood pressure daily. |
| **NORMAL** | SYS 120-134  AND  DIA 75-84 | Your blood pressure is normal.  Continue blood pressure monitoring and your current care. |
| **LOW** | SYS 119 or less  AND  DIA 74 or less | **If you are not taking blood pressure medication:**  Your blood pressure is normal. If you are feeling well this blood pressure does not need any further action. |
| **If you are taking blood pressure medication:**  Your blood pressure is low. Repeat once more in 5 minutes.  If you repeat reading is still low, contact your maternity unit within 24 hours or within 4 hours if you feel unwell (e.g. dizzy or faint). |

**Blood pressure thresholds for self-monitoring**

**Emergency Contact Numbers: Maternity Triage 01722 425185 or Labour Ward 01722 425183**