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BLOOD PRESSURE MONITORING

To accurately log your blood pressure, you should measure **twice daily, once in the morning and once at bedtime**.

When recording your blood pressures, ensure proper positioning (sitting comfortably at rest for 5-10 mins) and avoid emotional exertion (watching a scary movie, talking to IRS etc) before each measurement.

Record all readings in your log and **bring it to all your doctor's appointments.**

During Pregnancy, **blood pressure > 140 / 90 mmHg** is abnormal and if it persists over multiple readings, should trigger an **appointment with Dr. Malik** for further evaluation and treatment.

Blood pressure > 160/100 mmHg is EXTREMELY abnormal and if it persists over multiple readings, should trigger a **emergency room** visit for further evaluation and treatment. Headaches that do not improve with meds or rest, blurry vision, pain around your liver should also be taken seriously and get evaluated quickly.

