



High Blood Pressure & Pregnancy

Quick Facts

What It Is:



Starts before you are pregnant or during the first 20 weeks you're pregnant



High blood pressure

Either number is more than:

Top Number: 140 or More

Bottom Number: 90 or More

Why It Matters:



Good blood pressure control helps **your baby** by:

- Supporting healthy growth and development
- Helping them stay in the womb until they're ready
- Supporting normal heart development



Good blood pressure control helps **you** by:

- Keeping your blood sugar levels stable during pregnancy
- Increasing chances of a vaginal delivery when possible
- Reducing risks during and after birth
- Lowering the chance of developing preeclampsia



What You Can Do:

Before Pregnancy



Talk to your doctor - They can help you have the healthiest pregnancy possible. Ask about:

- Medicines that are safe for pregnancy
- Ways you can control your blood pressure
- Help to take care of other health problems



Things you can start today:

- Pick one or two lifestyle changes (use QR code to see our list)
- Limit salt (less than 2,300 mg or 1 teaspoon)
- Limit caffeine (coffee, tea, energy drinks)
- Stop smoking or vaping



After You're Pregnant



Make a doctor's appointment to:

- Get blood and urine tests to check how your body is handling pregnancy
- See if your medicines need to be changed
- Ask about healthy changes for you and your baby
- Make a blood pressure monitoring plan

Tell your doctor about:

- Your blood pressure history
- Past pregnancy problems
- Any medicines or supplements you take



Track your blood pressure

- Learn how to make sure you get the right number (QR code)
- Share your readings with your doctor

