**Blood Pressure Log:**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please write down your blood pressure readings for morning and evening in the table below.

A blood pressure reading of greater than or equal to 160 mm Hg (systolic) over greater than or equal to 110 mm Hg (diastolic) is considered a hypertensive emergency. (for example: 163/98; 155/110; and 161/110 are all severe range blood pressures)

\*If your blood pressure is in the severe range, call with your obstetric provider or go to the nearest Labor and Delivery triage/OB ED or ED.

|  |  |  |
| --- | --- | --- |
| DATE: | Morning BP Reading | Evening BP Reading |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |