



BP RECORDING CARD

Name _____

NHI _____

This card will accompany the BP Machine No. _____ prior to your discharge home. Please keep this card and machine safe at all times. Only use the machine to record your **own** BP, as shown how to do in the hospital.

The BP machine is on loan until _____, this date is 5 wks from the date of birth of your baby.

You are required to record your BP at 10am on the dates recorded in this card. This is daily up to 7 days post birth and then weekly up to and including the 5th week.

During the first 2 weeks you are required to text/telephone **021816726** and inform the hospital of your BP that day.

Please contact your GP if you have concerns about your BP or medication after the first 2 weeks from giving birth.

You are required to book a double appointment with your GP for when baby will be 6 weeks old. Please take this card with you to share your recordings with the GP so he/she can plan your on-going BP care.

Please return the BP machine to the hospital, if unable to do so, please inform hospital on number above.

Date	BP	Inform Hospital on days with a X
Day of discharge	BP on discharge	

Signs and symptoms of elevated BP

- Severe headache
- Persistent visual disturbances
- Right upper quadrant or epigastric abdominal pain (Upper stomach pain)

If you experience the above symptoms please contact your LMC/hospital/GP and have this card with you to refer to.

Please this booklet safe at all times.

If or when you decide to plan for a future pregnancy, consider having your blood pressure and weight checked by your GP before becoming pregnant so you can obtain pre-conceptual advice. Please try your best to contact and book with a midwife for pregnancy care before you are 10 weeks pregnant.