Katy Women's Care

Blood Pressure Log for Pregnancy

Medication	Morning	Midday	Evening	Bedtime

Blood Pressures:
- Greater than 140 systolic or 90 diastolic is elevated in pregnancy.
- Greater than 160 systolic or 110 diastolic is an **emergency** and needs immediate assessment.
- Be watchful of the symptoms of pre-eclampsia, which include headache, vision changes, shortness of breath, chest pain, nausea/vomiting, pain in the upper abdomen, and increase in swelling.

Date	Morning	Evening	Other (please specify)

Notes: