

## Post Partum Blood Pressure Monitoring

If you are on medicine to control your blood pressure postpartum, here are some instructions to help us manage your medication and blood pressure. We know that women sometimes need up to 6 weeks postpartum to return to their normal blood pressures. What we don't know is when exactly you will stop needing the medications. That is why home blood pressure monitoring is so helpful.

Please take your blood pressure before you take your medicine.

Some women take their meds once a day, while others may need 2 times a day or even 3 times a day dosing. Many times as your blood pressures start to trend down, we will cut out a dose of medication and/or decrease the dose.

Our major safety concern is if your blood pressure remains over 160/110 an hour after taking your medication. Please call the office or page the on call provider after hours for instructions on what to do in this situation (802) 862-7338.

