

Call your doctor right away if you have any of these warning signs or just don't feel right



Hospital of the University of Pennsylvania

Maternal Fetal Medicine
215-662-2982

Penn Ob/Gyn Associates
215-662-6035

Penn Family Care
215-662-8777

Helen O. Dickens Center for Women's Health Care
215-662-2730

Pennsylvania Hospital

Ludmir Center for Women's Health
215-829-3525

Penn Ob/Gyn
Penn Ob/Gyn and Midwifery Care
Penn Ob/Gyn Washington Square
215-829-8000

Penn Ob/Gyn Cherry Hill
856-795-0587

Penn Ob/Gyn Woodbury Heights
856-845-6880

... or call if you have any questions about your care.

You are ready to start!

Let's confirm your phone number and review these texting tips:

- Texting is not secure and therefore may be seen by others. By choosing to communicate via text, you are aware of this possibility.
- Do not use text for urgent issues or emergencies. If it is an emergency, call 911 or go to the nearest Emergency Department.
- If you don't want to text, you need to schedule an office visit within one week from now to check your blood pressure. Let us know if you prefer an office visit before you leave the hospital.
- Message and data rates may apply.



Heart Safe Motherhood

Catch rising blood pressure early to keep you safe at home



About preeclampsia

Preeclampsia is a disease of high blood pressure (hypertension) during pregnancy. Risks last up to a month after you deliver. Risks include seizure, stroke, organ damage, coma, and death. The first week after delivery is when your blood pressure is most likely to rise and put you at risk for these complications.

Stay healthy from home

You are enrolled in Heart Safe Motherhood to track your blood pressure from home. We hope to catch rising blood pressure before it becomes a problem so we can keep you out of the hospital and safe at home. You will send your blood pressure back to us by text. Unless directed by a doctor or midwife, you will not need to come back for a blood pressure check at the doctor's or midwife's office.

How to check your blood pressure

We give you a blood pressure cuff that is yours to keep. Instructions on how to use the blood pressure cuff are in the box. It is easy to use. Just follow steps 1 to 5.



You will get a reminder to check your blood pressure two times a day.



Sit and relax for five minutes before taking your pressure. When you are ready to check your pressure, take off any thick clothing and sit with your feet on the floor.



Place the cuff just above your elbow with the cord along the inside of your arm. Wrap the cuff a little tight. Rest your arm on a table at the level of your heart.



Press the Start button. Wait 30 seconds and your blood pressure will display.

How to send your blood pressure

Text us the first number (SYS) then a forward slash (/) then the second number (DIA). For example: 120/82. The third number on the machine is your pulse. You do not need to text your pulse.

You don't need to remember a phone number. Just respond to the reminder.

You will check your BP twice a day for ten days. We will text you when the ten days are over.



Reply back to the reminder with your blood pressure, for example 120/82.

What to expect after your text

We use a computer system to send you reminders and respond to your texts. A health care provider also reviews your blood pressures within 24 hours.

You will get feedback on your blood pressure by text so you know what to do next. We may send additional texts or call you to ask about your symptoms.

Long-term follow up

If you had preeclampsia, you have a higher chance of having high blood pressure some time in your life. Preeclampsia can also increase your chances of heart disease, heart attack, and stroke. You may be on blood pressure medicine when you go home. It is important to take your medicine as prescribed.

It is important to see a primary care doctor for regular check-ups. It is also important to exercise and maintain a healthy body weight. If you don't have a primary care doctor, we can help you schedule a visit at Penn Medicine or call 1-800-789-7366 (PENN).