

Postpartum Blood Pressure Instructions

You have been prescribed: _____ (Dose and schedule written here)

These medications help keep your blood pressure in a safe range after pregnancy.

1. How to Check Your Blood Pressure

- Check **twice per day**, at the same times each day.
- Make sure **at least one reading is taken before your next dose** of medication.
- Sit quietly for a few minutes before checking.

2. Your Target Range

- Top number (systolic): **120–140**
- Bottom number (diastolic): **70–90**

3. What To Do With Your Medication

- If your blood pressure is **in the target range (120–140 / 70–90)**: Stay on your current dose.
- If your blood pressure is **below the target (<120 or <70)**: Skip that dose and move down to the next lower dose (see tables). Stay at each step for at least 1 full day before reducing further.
- If your blood pressure is **very high (>160 systolic or >110 diastolic)**: Re-check in 15 minutes. If still high, take your medication and **go to the hospital or call your care provider** right away.

Nifedipine XL (extended release)

Current Dose	If BP is below target, reduce to:	Next Step if still low	Next Step if still low	Stop
60 mg twice daily	30 mg AM + 60 mg PM	30 mg twice daily	30 mg once daily	No medication

Labetalol

Current Dose	If BP is below target, reduce to:	Next Step if still low	Stop
300 mg three times daily	200 mg three times daily	200 mg twice daily	No medication

4. After You Stop Medication

- Keep checking your blood pressure for **2 more days** after your last dose.
- If your numbers rise above target, restart your last dose and contact your provider.

5. When to Call for Help

Call your **doctor or midwife**, or go to the hospital if you have:

- Severe headache
- Vision changes (blurry vision, flashing lights)
- Chest pain or shortness of breath
- Severe pain under your ribs on the right side
- Sudden swelling of face or hands
- Blood pressure consistently **above 160/110**

6. Long-Term Health

- If you are **still on medication 6 weeks after delivery**, this may mean you have chronic (long-term) high blood pressure.
- Please book a visit with your family doctor for ongoing care.