Postnatal recovery and care following hypertension
What happens after the birth?

All women should have their blood pressure checked soon after the birth. If your blood pressure was raised during your pregnancy it may still be raised following the birth of your baby and will need to be monitored whilst in hospital.

What happens when I go home?

A community midwife will visit you on the day after you leave hospital and then as appropriate. She will already be aware of the blood pressure issues you have experienced. Your blood pressure will be checked by the community midwife. If your blood pressure reduces your blood pressure medication may be reduced by your GP.

If your medication continues at discharge from your community midwife then an appointment to see your GP two weeks after delivery should be made to check your blood pressure and treatment. This should be reviewed again by your GP at your six to eight week postnatal check.

If at the six to eight week postnatal check your blood pressure remains elevated then you will be referred to the postpartum hypertension clinic at Southend University Hospital.
What about my next pregnancy?

If you have been taking medication for raised blood pressure and are planning a pregnancy or have just found out that you are pregnant, you will be advised to check with your doctor that the medication is safe to continue in pregnancy.

Early booking with the GP is recommended. You will be advised to take a small daily dose of Aspirin (75mg) from 12 weeks onwards until delivery which your GP will prescribe. It is important to let your midwife know that you had hypertension before so that you can be monitored more carefully.

You will be advised to stay within a healthy weight to reduce your chances of developing raised blood pressure again. You will be advised to limit the amount of salt intake to help reduce your blood pressure.

Remember

Attend all your antenatal appointments. Make sure your blood pressure and urine are checked at every antenatal appointment.

Carry your hand held notes with you at all times.
Patient Information Service

If this leaflet does not answer all of your questions, or if you have any other concerns please contact the postnatal ward on: 01702 385130.

www.southend.nhs.uk

For a translated, large print or audio tape version of this document please contact:

Patient Advice & Liaison Service (PALS)
Southend University Hospital NHS Foundation Trust
Prittlewell Chase
Westcliff-on-Sea
Essex, SS0 0RY

Telephone: 01702 385333
Fax: 01702 508530
Email: pals@southend.nhs.uk

Written by Andrea Harrington and PIPMS
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