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# Questions to ask Your Doctor About High Blood Pressure While Pregnant

What are my blood pressure levels? Are they high, normal or low?

What are some signs and symptoms during pregnancy that indicate that I have high blood pressure?

How can having high blood pressure while pregnant affect my health and my baby's health?

How can I manage my blood pressure on my own? Do I need medication? If medication is needed, what type is safe for me and my baby? How long will I have to take medication?

*If you know you have a family history of high blood pressure:*

How can a family history of high blood pressure put me at risk during my pregnancy?

After birth, can I still have high blood pressure? If so, for how long?

What other warning signs for heart disease and stroke should be aware of other than high blood pressure?

Notes:

To find a blood pressure cuff that has been validated for use by pregnant women to self-measure their blood pressure visit [ValidateBP.org](http://ValidateBP.org).

Learn more: [goredforwomen.org/pregnancy](http://goredforwomen.org/pregnancy)

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