

Blood Pressure Categories for Individuals who are Pregnant



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)		DIASTOLIC mm Hg (bottom/lower number)
NON-HYPERTENSIVE	LESS THAN 140	and	LESS THAN 90
HYPERTENSION IN PREGNANCY*	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION* (If you don't have symptoms, call your health care professional immediately)	160 OR HIGHER	or	110 OR HIGHER

*If you have any of these symptoms, call 911: severe headache, change in vision, abdominal pain, chest pain, significant swelling, or shortness of breath

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