



### †How to take a BP

Patient should be seated for 15 minutes and calm. She should not chew or smoke. The appropriate sized BP cuff should be used.

### Gestational Hypertension (GH) Diagnostic Criteria

BP  $\geq$  140/90 measured on two occasions at least six hours apart. (See Box 1.) Only one elevated BP is needed to proceed with this guideline.

If patient < 20 weeks, refer to Chronic Hypertension in Pregnancy Guideline.

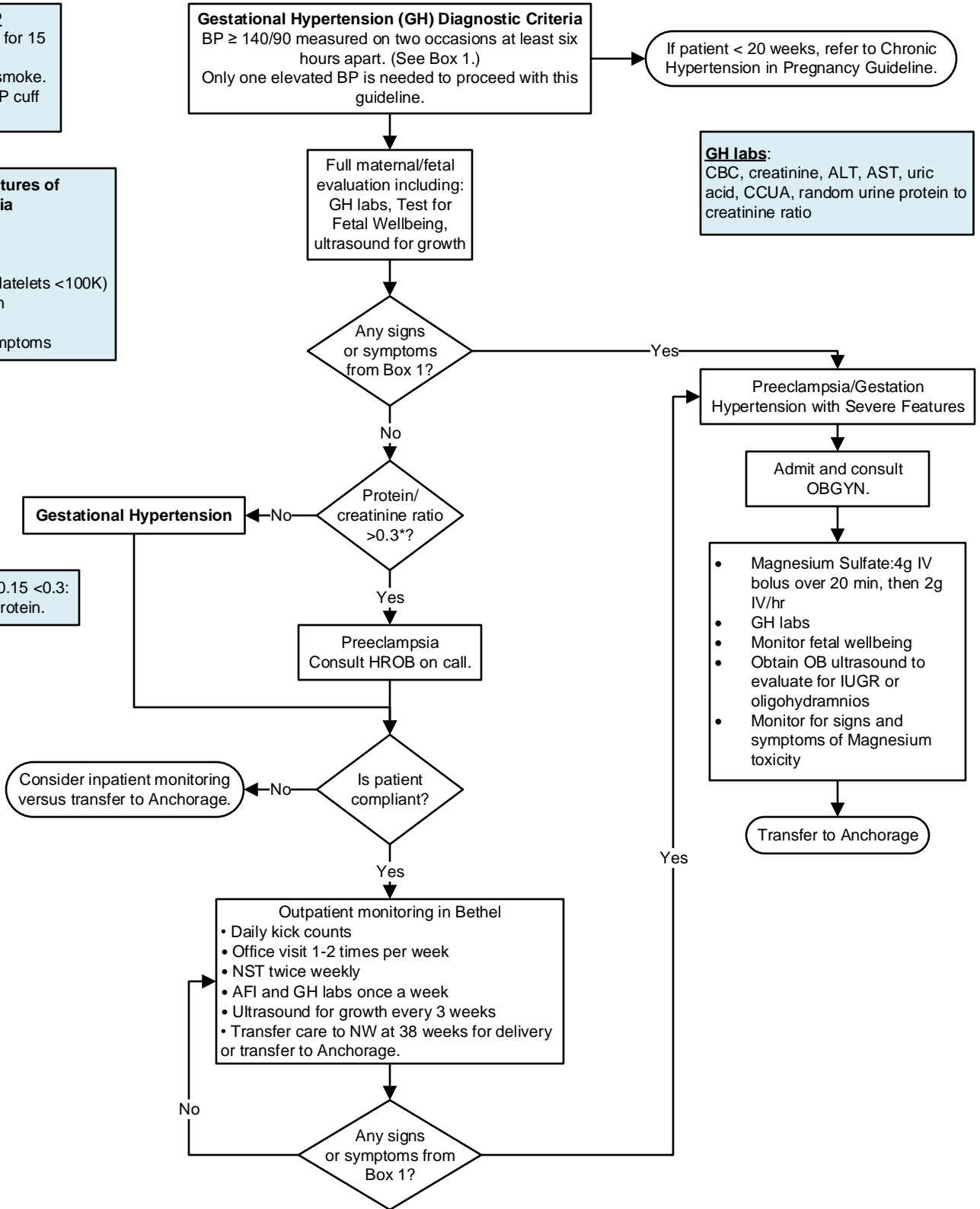
### Box 1: Severe Features of Preeclampsia

- BP > 160/110
- Renal insufficiency
- Pulmonary edema
- Thrombocytopenia (platelets <100K)
- Impaired liver function
- IUGR
- Cerebral or visual symptoms

### GH labs:

CBC, creatinine, ALT, AST, uric acid, CUA, random urine protein to creatinine ratio

\*Protein/creatinine ratio >0.15 <0.3: Obtain 24 hour urine protein.



This guideline is designed for the general use of most patients but may need to be adapted to meet the special needs of a specific patient as determined by the medical practitioner.  
Approved by MSEC 7/12/17.  
Click [here](#) to see the supplemental resources for this guideline.  
If comments about this guideline, please contact [Ellen\\_Hodges@ykhc.org](mailto:Ellen_Hodges@ykhc.org).