

Patient Information

Go Flo Fridays

Empowering women to self-monitor at home

You have been selected to take part in Go Flo Fridays.

Go Flo Fridays is a service which enables pregnant women to simply and accurately self-monitor their blood and/or urine at home, between usual antenatal appointments.

This means your midwifery team can monitor your blood pressure and/or the protein levels in your urine without you visiting the hospital.

Following a conversation with your midwife, you will have received a text message asking you to confirm if you want to join Go Flo Fridays.

You will also have been given a blood pressure arm cuff and urine test, with instructions explaining how to use this equipment.



What will happen each Friday?

You will receive a text message asking for your blood pressure reading and / or urine test results.

The results will be reviewed by your midwifery team and you will receive a text message back the same day. This message may either:

- confirm no action is needed at this time
- ask you to submit another reading
- ask you to contact the midwifery team

Our Values

Service Teamwork Ambition Respect



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All information shared via text message is confidential and can only be seen by yourself and your midwifery team.

Instructions for reading blood pressure and protein levels in urine

You should only check your blood pressure and urine when you receive a text message or you when you are asked.

How to take a blood pressure reading

- Wait 30 minutes after smoking or drinking caffeinated drinks for example tea/coffee
- Rest for five minutes beforehand and make sure you are relaxed and comfortable
- Wear loose-fitting clothes so that you can push your sleeve up comfortably and always use the same arm
- Wrap the blood pressure cuff on your arm. It should be at the same height as your heart
- Make sure your arm is relaxed and supported on a surface
- Press the start button on the machine, relax and wait until it displays your reading
- Text your reading to Go Flo Fridays in the following format: BP 120 / 80

How to measure the protein levels in urine

- Keep your urine dipsticks safe and dry inside the container
- Place the dipstick in your urine for 10 seconds. Tap off any excess urine and hold the stick for 60 seconds
- Compare the colour displayed on your dipstick with the colour chart on the side of the container





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- Text your reading to Go Flo Fridays in the following format: P (followed by one of the results in the below table)

Urine dipstick stick	Text
Negative	P 0
30 / +	P 1
100 / ++	P 2
300 /+++	P 3

Benefits of Go Flo Fridays

Self-monitoring has the potential to improve the detection and management of raised blood pressure and other symptoms in pregnancy, while reducing the need for you to visit hospital as frequently.

Questions about Go Flo Fridays

If you have a question about taking your blood pressure or testing your urine, or any other questions about Go Flo Fridays, contact the Day Assessment Unit at the Great Western Hospital - 01793 604825 (8.30am – 8pm daily).

How to stop text messages from Go Flo Fridays

If you decide to stop using Go Flo Fridays text STOP to Go Flo Fridays.

You will need to contact your midwifery team to arrange appointments at the Great Western Hospital.



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Who to contact if any concerns

Please contact the Day Assessment Unit at the Great Western Hospital - 01793 604825 (8.30am – 8pm daily) or Delivery Suite at the Great Western Hospital – 01793 604572 if you develop any symptoms such as:

- Severe headaches
- Lower chest pain
- Changes to vision
- Sudden swelling to feet, face and hands
- Reduced fetal movements.

This information sheet is available in other languages and formats. Please contact the Patient Advice and Liaison Service - 01793 604031 / gwh.pals@nhs.net

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