

Why we need to measure your blood pressure at home

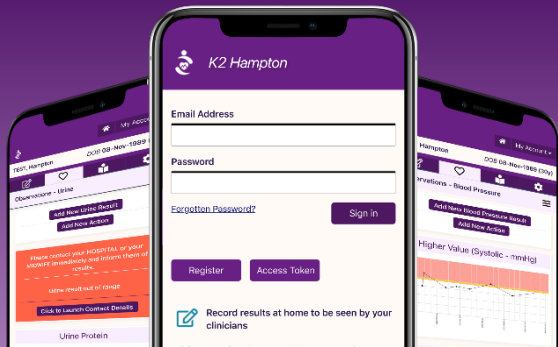
About 10% of women will have high blood pressure in pregnancy.
This can be:

Chronic Hypertension: high blood pressure that started before pregnancy or was detected early in the pregnancy. Some women will develop pre-eclampsia (below) on top of chronic hypertension.

Gestational Hypertension: high blood pressure that develops later in pregnancy, usually in the third trimester. In some cases, it can progress to pre-eclampsia (below).

Pre-eclampsia: a condition of pregnancy where high blood pressure is associated with the presence of protein in your urine. This condition can affect your liver and kidneys and in severe circumstances can lead to seizures or stroke as well as problems for your baby.

Due to the risks associated with pre-eclampsia, it is important to monitor blood pressure closely. This may be to see if you need to start medication, check the medication you are on is working or decide if you need any extra tests. To reduce the number of hospital visits for blood pressure checks, we offer the option of home blood pressure monitoring using a web application.



Add Hampton to your phone home screen

- Open web browser
- Launch www.k2hampton.com

iOS (Safari)

- Select the action button highlighted in green below



- Scroll down and select add to home screen

Add to Home Screen 

- Click add
- **Android (Chrome)**
- select the action button highlighted in green below

- Scroll down and select add to home screen

Add to Home screen

- Click add

**Quantock Assessment Unit
Maternity, Southmead hospital
Westbury-on-Trym
BS10 5NB**

01174146906



www.k2ms.com/Contact-us

CE K2 Hampton™ bears a CE mark to denote conformity to the European Council Regulation 2017/745 for Medical Devices.



K2 Hampton



The new way to manage blood pressure
in pregnancy

www.k2hampton.com



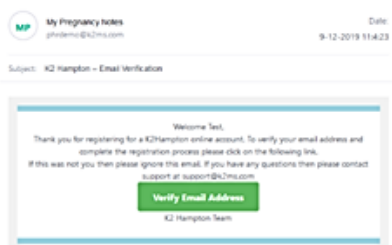
Registering for Hampton

You will only ever need to register for Hampton once. If you are ever required to monitor your blood pressure again in another pregnancy, you will be able to create a new pregnancy linked to your account.

- Open web browser on PC/Tablet/Phone
- launch www.k2hampton.com



- Click Register
- Click I am a pregnant woman
- Complete registration Details
 - Your email will become your username
- Click Verify Email
- Navigate to your email
- Open email
- Click Verifv Fmail



- Create Password
- Click Complete Registration
- You will be asked to complete a registration form for this pregnancy
- Click Complete Registration
- Complete form
- Select **Southmead Hospital**
- Complete data sharing consent (if you do not wish to share data please discuss this with your midwife. What your data is used for will be discussed with you).
- Click Submit

What can I do on Hampton?

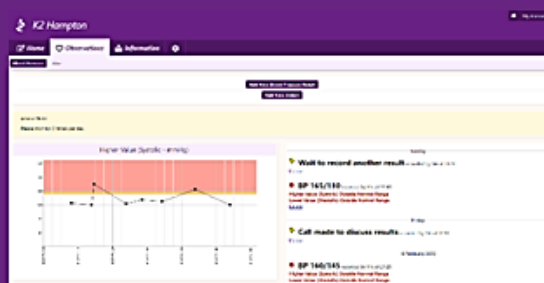
Home:

- Welcome page with advice on when to call your midwife courtesy of MAMA Academy.
- Contacts details for your hospital.



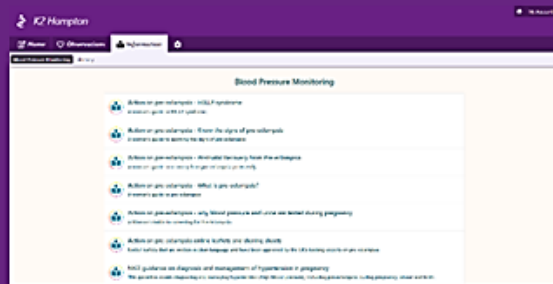
Observations:

- Record your blood pressure results, receive prompts to call your midwife and record actions based on results.
- Record urine protein results; receive prompts to call your midwife and record actions based on results.



Information/Settings:

- View information relevant to your care.
- Access to a comprehensive glossary
- Give feedback on Hampton.



Why should I use Hampton?

As part of standard care women with hypertension, are usually asked to come into hospital at regular intervals to have their blood pressure taken.

This can require the women to spend a lot of time going in and out of hospital throughout their pregnancy, incurring financial penalties in various form, and stress they would otherwise not have.

Hampton has been designed to help with this. By monitoring your blood pressure from home, you will only be required to come in when you actually need to, saving time and money. With the added security that your results can be seen by the midwife at the hospital at anytime.

What if I need help?

If you need help, the first person to contact should always be your midwife or doctor giving you care. However below there are links to help guides to help you with the use of Hampton.

User Guides

<https://help.k2ms.com/portal/kb/hampton-blood-pressure-monitoring/user-guides>



Patient Information

<https://help.k2ms.com/portal/kb/hampton-blood-pressure-monitoring/general/patient-information>

