

## Common Tests and Procedures to Monitor or Diagnose Preeclampsia

- ✓ Blood pressure readings
- ✓ Blood or urine lab work
- ✓ Physical exam to look for swelling or other symptoms of preeclampsia



## If you are diagnosed with preeclampsia, treatment may include:

- ✓ Daily monitoring of your blood pressures at home
- ✓ Keeping track of baby's movements with kick counts
- ✓ Oral medication to control your blood pressure
- ✓ Being hospitalized for close monitoring of your blood pressures and baby. Additional treatment:
  - » Medication to speed up the development of baby's lungs
  - » Intravenous medications to help control your blood pressure and reduce the risk of seizures
  - » Early delivery if preeclampsia is severe

Source: Preeclampsia and high blood pressure during pregnancy: [ACOG.org](https://www.acog.org)

## Prevention

You might not be able to prevent preeclampsia or high blood pressure in pregnancy—but there is much you can do to promote a healthy, full-term pregnancy. For example:

- ✓ Seek regular prenatal care
- ✓ Be aware of your risk factors and discuss them with your healthcare provider
- ✓ Watch for warning signs
- ✓ Follow the advice of your healthcare provider regarding weight gain



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# High Blood Pressure in Pregnancy





## When does preeclampsia occur?

Preeclampsia occurs after 20 weeks of pregnancy, typically in the third trimester. It can also occur after your baby is born.



## What causes preeclampsia?

The causes of preeclampsia are not clear, but risk factors include:

- ✓ Preeclampsia in a past pregnancy
- ✓ Chronic high blood pressure
- ✓ Pregnant with multiples (twins/triplets)
- ✓ In vitro Fertilization
- ✓ First pregnancy
- ✓ Family history of preeclampsia (mom or sister)
- ✓ Obesity

## What is the risk to you?

If preeclampsia goes undiagnosed or untreated, you can suffer damage to your liver or kidneys, a seizure or even a stroke.



## PREECLAMPSIA WARNING SIGNS

**IMMEDIATELY CONTACT YOUR HEALTHCARE PROVIDER IF YOU HAVE ANY OF THESE SYMPTOMS**

- ✓ Severe headaches
- ✓ Blurred vision, flashing lights, or spots before your eyes
- ✓ Upper belly pain, under your ribs on the right side
- ✓ Feeling sick to your stomach or vomiting
- ✓ Swelling in your hands and face
- ✓ Quick weight gain, like 5 pounds in a week

## High Blood Pressure in Pregnancy

High blood pressure during pregnancy can place extra stress on you and lead to health problems for both you and your baby. There are different types of high blood pressure in pregnancy and knowing the differences can help you and your healthcare provider manage the associated risks.

- ✓ **Chronic Hypertension:** High blood pressure that was present before pregnancy or before the 20 week mark.
- ✓ **Gestational Hypertension:** High blood pressure that occurs after 20 weeks of pregnancy.
- ✓ **Preeclampsia:** High blood pressure after 20 weeks of pregnancy with other signs that the kidneys and liver may not be working normally.

