

Your pregnancy was complicated by high blood pressure or preeclampsia

What is preeclampsia?

- ▶ It's a condition that develops during pregnancy when you have:
 - ▶ **High blood pressure** and
 - ▶ **protein in your urine** (a sign that your kidneys aren't working properly)

Preeclampsia does not always go away after you give birth

- ▶ It can cause symptoms in new moms up to **6 weeks** after giving birth⁽¹⁾
- ▶ It is important to keep an eye out for symptoms while you are at home recovering from delivery
- ▶ Your provider might give you medicine to go home with to prevent high blood pressure

How can I prevent preeclampsia in my next pregnancy?

- ▶ Taking 1 **prenatal aspirin** (low-dose, 81mg) every night starting week 12 has been proven to help prevent preeclampsia in at risk women⁽²⁾

Preeclampsia Warning Signs

- Severe HEADACHE that does not go away with Tylenol or ibuprofen
- A change in your vision, for example blurry vision
- Confusion
- Severe pain in the right side of your stomach
- Trouble breathing
- Chest pain
- Loss of consciousness with shaking movements (a seizure)

If you experience any of these warning signs, come back to TRIAGE



What You Need To Know: Prenatal Aspirin

- ▶ It's also known as *low-dose*, *baby*, or *81mg* aspirin
- ▶ For 30 years research has shown that prenatal aspirin has many benefits.
 - ▶ It does not harm mom or baby.⁴

Benefits of prenatal aspirin:

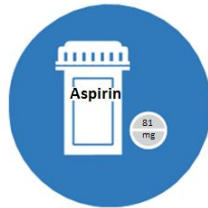
- It is *safe* to use in pregnancy
- Works within the placenta
- Helpful for both you and your baby
- Lowers your chance of a premature baby
- Lowers your chance of a low birth-weight baby

Side effects or risks of prenatal aspirin:

- Will *not* cause you to have increased bleeding
- Does *not* reach the baby's blood, *has not* been shown to have negative effects on the baby's initial development
- Does *not* increase risk of miscarriage
- Does *not* need to be stopped before delivery



Talk to your provider about your risk factors



Take prenatal aspirin starting at 12 weeks



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Preeclampsia after delivery: What to watch out for

What is preeclampsia?

- ▶ It's a condition that develops during or after pregnancy when you have:
 - ▶ **High blood pressure** and
 - ▶ **protein in your urine** (a sign that your kidneys aren't working properly).
- ▶ It can lead to a condition called **eclampsia**, which can cause seizures, organ problems, and even death.

Preeclampsia can sometimes present for the first time after giving birth

- ▶ It can cause symptoms in new moms up to **6 weeks** after giving birth⁽¹⁾
- ▶ Up to **78%** of women who develop preeclampsia after their pregnancy had no signs of preeclampsia during their pregnancy⁽²⁾
- ▶ It is important to keep an eye out for symptoms while you are at home recovering from delivery

Preeclampsia Warning Signs

- Severe HEADACHE that does not go away with Tylenol or ibuprofen
- A change in your vision, for example blurry vision
- Confusion
- Severe stomach pain or nausea and vomiting
- Trouble breathing
- Chest pain
- Loss of consciousness with shaking movements (a seizure)

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