Do you want to know?

Pregnancy Induced Hypertension

What is it?

Pregnancy induced hypertension is the development of hypertension (high blood pressure), which may be accompanied by high protein level in urine (proteinuria) and edema (swelling of the extremities) during pregnancy.

What do you need to know?

Drugs

Take the medications as prescribed by your physician.

Diet

- Have a well balanced healthy diet with optimal calories, proteins, vitamins and minerals.
- Do not restrict sodium intake (salt).

Activity

Rest in bed as much as possible or as advised by your physician.

Therapeutic Measures

- Monitor your blood pressure as advised by your physician.
- Record blood pressure measurement (high and low level) and time taken, and bring this record with you to your physician's appointment.

Considerations

Contact your physician if you have any of the following symptoms:

- Increased edema (swelling of the extremities)
- Blood pressure changes above the limits that your physician has identified for you as normal.

Any pregnant woman should report to her physician the following symptoms:

- Severe or persistent headache
- Blurred vision
- Epigastric (stomach) pain
- Abdominal pain
- Temeprature more than 37.8^{0}C
- Burning upon urination or decreased urination
- Flank (low back) pain
- Decrease in fetal movements
- Swelling of hands, face, legs and feet

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

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