

# HIGH-RISK PREGNANCY MANAGEMENT

## WARNING SIGNS AND WHEN TO IMMEDIATELY SEEK HELP

It is important to know that **pre-eclampsia**, without the necessary interventions from a skilled healthcare professional, can manifest in life-threatening syndromes such as **HELLP** or - as the name suggests – **eclampsia**.



### WARNING SIGNS OF PRE-ECLAMPSIA

- high blood pressure
- swelling in the feet, legs, or wrists (making them look thicker than usual)
- protein in the urine (checked by your healthcare provider)



Call and/or visit your healthcare provider if you have even one sign or symptom.



### WARNING SIGNS OF HELLP SYNDROME

(HEMOLYSIS, ELEVATED LIVER ENZYMES, AND LOW PLATELETS)

- pain in the upper right side of your tummy
- feeling or being sick (nausea and vomiting)
- feeling extremely unwell, anxious, or panicky
- yellowing of the skin and or itchy skin



### WARNING SIGNS OF ECLAMPSIA

- headache
- ringing or buzzing in the ears
- feeling dizzy
- passing out (losing consciousness) and having strong, jerky movements (hyperreflexia)
- blurred vision or other visual impairment
- feeling or being sick (nausea)