



### Pregnancy Induced Hypertension

#### What is it?

- Pregnancy induced hypertension is a high blood pressure problem caused by pregnancy. It is also called "PIH". Hypertension is another name for high blood pressure. You may have PIH if your blood pressure was normal but began to rise after the 20th week of pregnancy. PIH means more than just having high blood pressure. Many of the organs in your body may be involved with PIH. About 5 to 7 percent of all women get PIH during pregnancy.
- You may be at a higher risk to get PIH if this is your first pregnancy or if you are pregnant with 2 or more babies. Being less than 20 years old or older than 35 years may put you at higher risk for having PIH. Or you may be more likely to have PIH if you have a mother or sister who has had PIH. PIH can be a very serious problem to you and your baby if it is not treated. PIH usually goes away after delivery.
- There are three levels of PIH:
  - Transient hypertension is high blood pressure only with no protein in the urine or swelling of feet, face, hands.
  - High blood pressure and protein in the urine and /or swelling of your face, hands, or feet. This may also be called pre-eclampsia. You may have mild or very severe pre-eclampsia.
  - High blood pressure, protein in the urine, swelling and convulsions (seizures). This may also be called eclampsia.

**Signs and Symptoms:** PIH can be found early during your prenatal visits. The following are signs and symptoms of PIH.

- Being 20 or more weeks pregnant with a blood pressure that is 140/90 or higher.
- Blurry vision (cannot see clearly) or seeing spots in your eyes or having light flashes before your eyes.
- Breathing problems.
- Decrease in how much urine you are passing.
- Feeling very sluggish
- Gaining 2-5 pound in 1 week (7 days).
- Having very bad pain over your stomach (belly) or under your ribs that is not relieved.
- Sudden swelling of your face, hands, or feet or increase in the swelling you have had.
- Swelling of your ankles or feet that does not go away after resting for 12 hours.
- Very bad headaches.
- Vomiting (throwing up)

If you develop any of these symptoms or your doctor is concerned about your blood pressure and these symptoms worsen, call your doctor as soon as possible or come to the hospital for evaluation. Please feel free to call the Women and Infants Center if you have concerns or questions. Our direct number is 940-626-1229.

Most important, however, is to comply with the care that you and your doctor have agreed upon. Taking care of yourself and following his/her recommendations is the best way for you to accomplish your goal - delivering a healthy baby!