



# High Blood Pressure During Pregnancy and Up to 6-8 Weeks After Birth of Your Baby



## What is high blood pressure?

High blood pressure during pregnancy and even a few weeks after delivery is a serious condition that can affect the health and well-being of pregnant people and their unborn babies.

### Risks to you:

- Seizures
- Stroke
- Damage to your organs
- Death

### Risks to your baby:

- Growth problems before birth
- Premature birth (early birth)
- Death

### Warning signs and symptoms:



Headache



Nausea or Vomiting



Belly Pain



Seeing Spots



Swelling in Face and Hands



Sudden Weight Gain  
(> 3-5 pounds in a week)



**TELL YOUR NURSE OR PROVIDER NOW IF YOU HAVE ANY OF THESE WARNING SIGNS DURING OR AFTER YOUR STAY WITH US!**

