

Preeclampsia: After Pregnancy

What you can do to decrease your risk during your next pregnancy



Things to do **EVERY DAY**
 for healthy women and babies:

Exercise – 30 minutes a day, 5 days a week

Vitamin – 400 micrograms (mcg) of Folic Acid per day

Educate yourself about medicines and chemicals that can cause birth defects

Reproductive life planning – set your personal goals for birth control and future children

Yearly doctor visits to discuss physical and mental wellness

Diet – Vegetables, fruits, and whole grains daily

Avoid tobacco, drugs, and alcohol

Your partner, friends, and family should be sources of support

Content from everywomancalifornia.org with permission from the Preconception Health Council of California.



About preeclampsia

Preeclampsia is a disorder where high blood pressure and protein in the urine develop during the second and third trimesters of pregnancy. Women who have had preeclampsia are at higher risk for high blood pressure, diabetes, and high cholesterol later in life.

What can you do now to improve your health?

- Ask your provider the following questions:
 - What can you do to keep your blood pressure under control?
 - Do I need to lose weight?
 - Are there things you can be doing to eat a healthier diet?
- Ask for your blood pressure number every time you go in for a check up. If it is high or borderline high, ask what you can do to reduce your chance of needing to take medication.
- If your provider gives you medication for your high blood pressure, let your provider know if you are breastfeeding so that you are given medication that is safe to use while breastfeeding.
- Ask your provider if you need a diabetes or cholesterol blood test. Stay involved by knowing your results and what target goals your provider has set for you.
- Stay physically active. Everyone needs at least 30 minutes a day of moderate activity, such as a brisk walk, on most days.

Before your next pregnancy

Talk with your health care provider about how to best prepare for another pregnancy and what your risks might be. Discuss birth control with your provider so that you and your partner can have a baby if and when you are ready. There are many types of birth control women can use, even if their blood pressure is still high. If you and your partner have decided you do not want any more children, talk to your provider about permanent contraception.

Remember your ABCs:

folic  cid  reastfeeding  ontraception

For more information, go to:

American College of Obstetricians and Gynecologists: acog.org/publications/faq/faq034.cfm

Centers for Disease Control and Prevention: cdc.gov/bloodpressure/about.htm

Every Woman California: everywomancalifornia.org

March of Dimes: marchofdimes.com/pregnancy/complications_preeclampsia.html

Preeclampsia Foundation: preeclampsia.org