

HIGH BLOOD PRESSURE AND/OR PRE ECLAMPSIA



INFORMATION FOR THE FUTUR MOTHER

WHAT IS HIGH BLOOD PRESSURE ? (H.B.P.)

BLOOD PRESSURE :	<u>140</u>	OR MORE
	90	

WHAT TO DO IF THE BLOOD PRESSURE (B.P) IS HIGH ?

STEP 1 : TAKE YOUR BLOOD PRESSURE

IF BLOOD PRESSURE IS :	<u>140</u>	→ REST → GO TO STEP 2 ↓
	90	
IF BLOOD PRESSURE IS : ≥	<u>160</u>	→ GO TO HOSPITAL (WITHOUT DELAY)
	100	

STEP 2 : AFTER 15 MINUTES OF REST : TAKE YOUR BLOOD PRESSURE AGAIN

IF BLOOD PRESSURE IS : < UNDER 140 → REST
90

IF BLOOD PRESSURE IS: > MORE THAN 140 → GO TO HOSPITAL
90

(3^E FLOOR : CLINIC GARE OR OBSTETRICS)

SOME SYMPTOMS CAN BE PRESENT (OR NON)

- Headache
- Dizziness
- Visual issues : muddled vu, black spots
- Tightening or pain in the pit of the stomach
- Intense nausea or vomiting

If your blood pressure becomes normal again BUT you have one of the symptoms ↑ →

COME DIRECTLY TO THE HOSPITAL

WHAT ARE THE CAUSES (RISK FACTORS) OF H.B.P?

- First pregnancy
- Age inferior to 18 years old or superior than 40 years old.
- Family history of high blood pressure or pre eclampsia
- Gap > of 10 years between pregnancy and/or new partner.
- Obesity
- Multiple Pregnancies (twins, triplets)
- Diabetes, cardiovascular deases, renal issues, coagulation issues.
- Certain ethnic populations : (ex : african-americans, aboriginals).
- Drogue consumption

WE DISTINGUISH TWO KINDS OF HIGH BLOOD PRESSURE DURING THE PREGNANCY

<ul style="list-style-type: none">• H.B.P. of pregnancy :	<ul style="list-style-type: none">- Caused by pregnancy.- Appears after 20 weeks of pregnancy in about 10 to 15 % of pregnant women.
<ul style="list-style-type: none">• Chronic H.B.P	<ul style="list-style-type: none">- Presents itself before the pregnancy or it appears before 20 weeks of pregnancy (10 to 20% will develop pre eclampsia.

WHAT IS PRE ECLAMPSIA

Pre eclampsia is a trouble related to the pregnancy characterized by a high blood pressyre and an excess of protein in the urine or any of the following signs : headaches, thintness or pain in the pit of the stomach, visual troubles.

WHAT ARE THE COMPLICATIONS OF H.B.P. ?

Certain complications can happen if your blood pressure is not controlled. But, an adequate monitoring can decrease those complications.

<ul style="list-style-type: none">• Risks for the foetus :	<ul style="list-style-type: none">- Low birth weight. (growth restriction)- Decrease amount of amniotic fluid. (your water)- Foetal distress.- Prematurity.
<ul style="list-style-type: none">• Risks for the mother :	<ul style="list-style-type: none">- Placental abruption.- In severe cases, risks of damage to the kidneys, liver, eyes, lungs, and brain.- Convulsions.- Blood coagulation issues.

HOW CAN I PREVENT IT ?

- Decrease or stop doing hard household work.
- Stop smoking
- Equilibrated nutrition
- No overworking
- Never surpass your limits
- Try to avoid stressful situations
- Rest. (8 hours or more per night, frequent naps)

HOW TO TAKE YOUR BLOOD PRESSURE (B.P.) ?

Buying or leasing a machine that takes your blood pressure is very practical. Ask your nurse to give your information about it.. You can also go take your blood pressure at the pharmacy, at your doctor's office, and the Gare clinic or at the obstetric unit (day, evening and night).

N.B. Here are a couple of tips to follow when you are taking your blood pressure.

- Rest 15 minutes before taking your B.P.
- Sitting down, arm resting, legs uncrossed.
- The brassard must be adapted to your arm (verify this with a health professional.
- Brassard on the skin and not your clothes

Do you have any questions? Call us

Clinic GARE : 819-966-6207 monday to friday (8 heures à 16 heures)
Obstetrics unit : 819-966-6395 **anytime** **(24 HRES / 24 HRES)**

BLOOD PRESSURE

Write down the results of your B.P taken at home, at the doctor's office, at the hospital, at the CLSC or at the pharmacy.

Bring your results at your next visit.

DATES	B.P.	DATES	B.P.

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Réalisé par : Sylvie Catellier : Infirmière clinicienne, Clinique GARE
 Line Ouellette : Infirmière clinicienne, Clinique GARE
Révisé par : Louise Côté : infirmière clinicienne, conseillère en soins
 Johanne Duval : médecin omni-accoucheur
 Dario Garcia : gynécologue-obstétricien

Révisé : novembre 2015