

## Pre-Eclampsia (Easy read)

### Other formats

If you need this leaflet in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, contact the Patient Advice and Liaison Service:

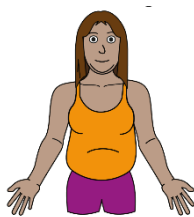
- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- [rduh.pals@nhs.net](mailto:rduh.pals@nhs.net)

### pregnant



Pre-eclampsia is a condition that you can only get when you are pregnant or have recently had a baby

### First Pregnancy

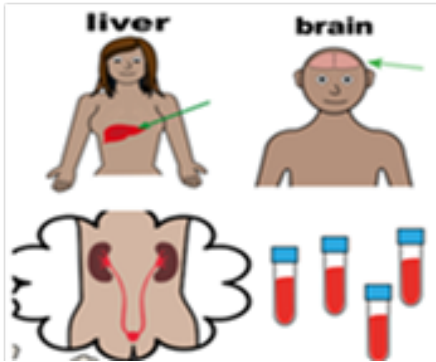
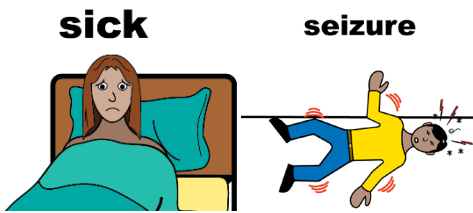


### Age 40+



It happens in about one to five in every 100 pregnancies. You are more likely to get pre-eclampsia if:

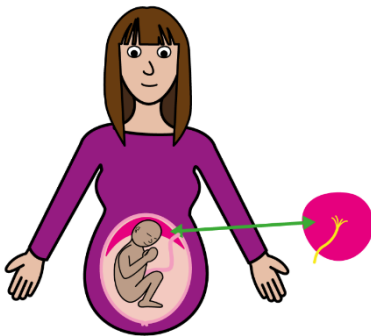
- It is your first pregnancy
- You are 40 years old or over
- You have had a gap of 10 years between pregnancy's
- Your body mass index is high (35 or more)
- You have a family history of pre-eclampsia
- You are having twins or triplets



## How will it affect me?

- Pre-eclampsia can make you feel very unwell
- It can affect your liver, kidneys and brain
- It can stop your blood from clotting
- Some people can have a seizure (fit) this is called an eclamptic fit. This is rare

## placenta



Pre-eclampsia can affect how your placenta (afterbirth) works.

This can mean that your baby does not grow as well as it should.

If your placenta is badly affected, your baby may become very unwell or in some cases even die in your uterus (womb).

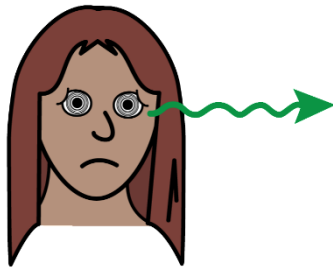
If your placenta is badly affected your baby may need to be born early (Preterm).

## Signs of Pre-Eclampsia

### headache

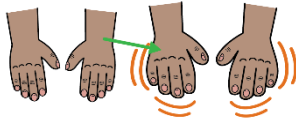


A very bad headache that does not go if you take paracetamol.

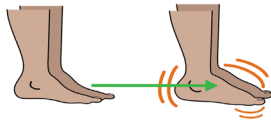


- Blurred vision
- Seeing flashing lights
- Changes to your vision

**swollen hands**



**swollen feet**



- Swollen hands
- Swollen Feet
- Swollen face



Bad pain under your rib



Feeling sick or being sick



If you have any of the symptoms it is very important that you contact:

- Your community midwife

or

- Maternity Triage on **01392 406616**

**midwife**



The midwife will

- Check your blood pressure
- Test your urine
- Take a blood sample

**all right**



If your test is normal you can go home

Your midwife might see you more often to check your blood pressure and urine.



If there are problems with the results, the midwife and doctor will talk to you about a plan.

## PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact PALS:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- [rduh.pals@nhs.net](mailto:rduh.pals@nhs.net)

## Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

You can also share your feedback on the Care Opinion website at [www.careopinion.org.uk](http://www.careopinion.org.uk) or freephone 0800 122 3135.



Scan the QR code to visit the Care Opinion website →

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[www.royaldevon.nhs.uk](http://www.royaldevon.nhs.uk)

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