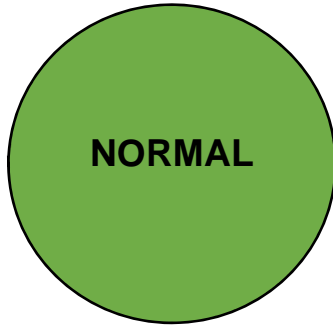


Know the signs and symptoms of Pre-eclampsia, it could save your life.

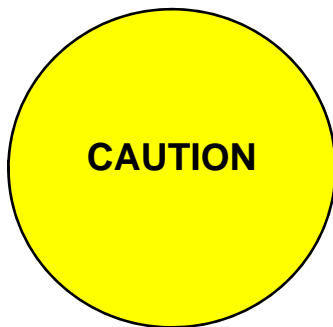
If you had high blood pressure, gestational hypertension, or pre-eclampsia during your pregnancy, you may be at risk for a seizure or stroke, even after you delivery your baby.



NORMAL

Normal postpartum signs and symptoms

- Mild headache that resolves with rest or Tylenol/Ibuprofen
- Blood pressure 139/89 or lower
- Vaginal mild bleeding that decreases gradually



CAUTION- Call Your Provider

Possible abnormal signs and symptoms:

- Blood pressure above 140/90
- Headache not relieved by rest, Tylenol or Ibuprofen
- Mild pain under rib cage
- Moderate vaginal bleeding (needing a new pad every 2 hours)



STOP – Go to Emergency Department or call 911.

Emergent Signs and Symptoms:

- Blood pressure 160/110
- Severe Head ache that will not go away
- Severe pain under your rib cage
- Vision changes- sparkles, floaters, unable to focus to read
- Abnormal bruising, sudden heavy vaginal bleeding (filling a pad in less than an hour), or bleeding from the nose/gums
- Difficulty breathing- call 911
- Loss of consciousness- call 911
- Seizure- call 911