



High Blood Pressure During Pregnancy

What to Do If Your Blood Pressure Is High



What Blood Pressure Readings Are Dangerous

Very High Blood Pressure

You should get help right away:

- Go to the closest emergency room
- Call your doctor to tell them what's going on

Top Number: 160 or More

OR

Bottom Number: 100 or More

High Blood Pressure

Do you have any of the symptoms below?

- If **yes**: Go to the closest emergency room & call your doctor
- If **no**: Talk to someone on your medical team today

Top Number: 140 - 160

OR

Bottom Number: 90 or 100



Warning Signs

Get medical care right away if you notice any of these signs. They could mean you have preeclampsia. Preeclampsia needs quick treatment.



Sudden swelling of your face, feet or hands



Headache that won't go away



Seeing spots or other problems seeing



Gaining weight fast (more than expected for pregnancy)



Trouble breathing



Pain in the top part of your belly



Pain in your shoulder that feels different than normal



Feeling like you're going to throw up or throwing up (after 20 or more weeks pregnant)



Get medical care right away if you notice new health changes that worry you