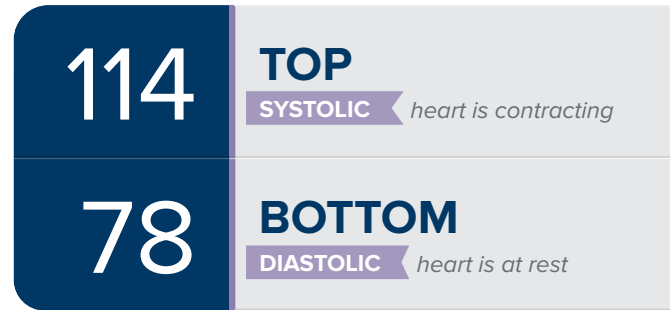


## What is blood pressure?

**Blood pressure** is the amount of force pushing against your artery (blood vessel) walls.

The top number, called the systolic, is the force when the heart is contracting. The bottom number, called the diastolic, is when the heart is at rest.

You may hear your blood pressure read as “114 over 78,” or see it written as “114/78.”



## How do I take my blood pressure?

If you have blood pressure problems, the doctor may want you to take your blood pressure at home.

Record your readings and bring them with you to all appointments. If your reading is high, re-check in 15 minutes.



**Springfield Clinic's Center for Women's Health**  
**217.528.7541 • 800.444.7541**

[www.SpringfieldClinic.com/WomensHealth](http://www.SpringfieldClinic.com/WomensHealth)

## High Blood Pressure in Pregnancy

**CALL THE OFFICE** if your blood pressure is greater than 160 (1st/top number) over 100 (2nd/bottom number).

Every visit, the nurse will check your blood pressure.

We are checking for signs of **preeclampsia**.



## PREECLAMPSIA

### SIGNS & SYMPTOMS:



visual disturbances



headache



abdominal pain



feet swelling



excessive weight gain



high blood pressure

### CAN CAUSE BABY PROBLEMS:



small (skinny) baby



early delivery



fetal death

### CAN CAUSE MOMMY PROBLEMS:



kidney failure



heart failure



brain stroke



placental abruption

**Preeclampsia** can lead to some of the following:

- Going to the hospital to be evaluated
- Receiving & using medicine to prevent preeclampsia problems
- Delivering the baby early to prevent preeclampsia problems
- Taking home blood pressures and being on bed rest
- Watching for preeclampsia symptoms up to six weeks after delivery
- Returning for blood pressure checks after delivery

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