

## IT'S YOUR BODY

I cannot emphasise enough the importance of attending all your antenatal appointments. Above all, if you feel something is not right, go back, be seen, do not ever worry you are making a fuss.

Your healthcare professionals **WANT** to see you if you have concerns.

*Dr Dawn Harper,  
Patron, APEC*

## ACTION ON PRE-ECLAMPSIA

For nearly 30 years, we have supported tens of thousands of women throughout the UK and the world.



[www.apecint.org](http://www.apecint.org)

REGISTERED CHARITY NO. 1013557

## ARE YOU PREGNANT?



Pre-eclampsia is a serious condition caused by pregnancy. It can be fatal for both mother and baby.

**PRE-ECLAMPSIA  
KNOW THE SIGNS!**

## Help and Advice:

### GENERAL ADVICE:

Visit our website for further information at [www.apecint.org](http://www.apecint.org)

### WORRIED?

#### DO:

- Trust your instincts
- Seek help from a midwife or doctor at your nearest health facility

#### DON'T:

- Delay
- Worry about wasting people's time

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## Ensure you:

- Never miss your antenatal appointment
- Have your blood pressure taken at every visit
- Have your urine checked for protein if this test is available
- Go back to your midwife, community health worker or doctor straight away if you have any concerns

**Make sure all your results are written in your maternity notes**



## Symptoms of Pre-eclampsia:

- Severe swelling of hands, feet or face
- Severe pain under the ribs
- Severe headaches
- Visual disturbances e.g. flashing lights
- Nausea/vomiting
- Feeling unwell

**If you have any of these symptoms seek medical advice immediately**