

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. Our e-learning programme for midwives, provides vital specialist training and we have world leaders in the field as speakers at our conferences.

Telephone **01386 761848**
info@apec.org.uk
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ARE YOU PREGNANT?



Pre-eclampsia is a disease you can only get in pregnancy. It can be fatal for both mother and baby.

**PRE-ECLAMPSIA
KNOW THE SIGNS!**

Help and Advice

GENERAL ADVICE:
Action on Pre-eclampsia
info@apec.org.uk

WORRIED?

Do:

- Trust your instincts
- Call 111, your GP or midwife

Don't:

- Delay
- Worry about wasting people's time

www.apec.org.uk

Ensure you:

- Never miss your antenatal appointment
- Have your blood pressure taken at every visit
- Have your urine checked – if protein is found this should prompt a further test to confirm
- Go back to your GP or midwife 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