

CONTACT US

**01386
761848**

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Action on Pre-eclampsia

For over thirty years we have supported thousands of women and their families in the UK and around the world. Our courses provide specialist education for clinicians enabling them to confidently diagnose and treat pre-eclampsia.

Telephone:
01386 761848

info@apec.org.uk

Registered Charity No. 1013557

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
www.apec.org.uk
01386 761848
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 an 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