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# Pre-Eclampsia



## What is preeclampsia?

It is high blood pressure and an increase in protein in the urine at the twentieth week of pregnancy. It is considered preeclampsia, even if it is simple, and it may lead to serious complications for the mother and fetus if it is not treated.



# What are the types of high blood pressure during pregnancy?

1. **Chronic high blood pressure:** a high blood pressure happens before pregnancy and it is treated by modifying the lifestyle and using appropriate medications. In many cases, high blood pressure happens to the pregnant woman, but it is only diagnosed when doing regular pregnancy tests.



2. **Preeclampsia:** This condition can cause complications for the health of both the mother and the fetus. Preeclampsia appears in the twentieth week of pregnancy, and leads to high blood pressure, protein in the urine, fluid retention in the body and a difference in blood analysis. And the cause of this case is not yet known.



## What are the types of high blood pressure during pregnancy?

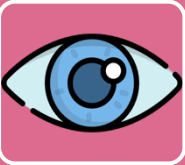
3. High blood pressure while giving birth: High blood pressure happens to a pregnant woman just before delivery, without any symptoms of preeclampsia. Blood pressure returns to its normal level after giving birth.



## What are the symptoms of preeclampsia?



High Blood Pressure



Sudden swelling in the eyes and hands



High level of protein in urine



Weight gain due to body fluid retention



Constant headache

# What are the factors leading to the occurrence of preeclampsia?

Some pregnant women who are more likely to develop preeclampsia have the following health problems:

- Diabetes And blood pressure



- Kidney and liver diseases



- Family history



## What are the factors leading to the occurrence of preeclampsia?

- Multiple pregnancies such as twins.



- Obesity



# What degrees of preeclampsia are?

## Mild preeclampsia:

- It occurs in 10% of cases and is characterized by a slight rise in pressure in the second half of pregnancy with some changes in the performance of the kidneys, but it is not accompanied by albumin.

## Severe preeclampsia:

- It occurs in 6% of cases and the blood pressure measurement is 160/100 or more in the second half of pregnancy and is accompanied by 0.5 gm of albumin in the absence of any urinary infection.





## How is the disease diagnosed?

In most cases, there are no symptoms indicating the disease, especially in the simple type, and the disease is diagnosed during the routine follow-up of the patient. In this case, signs appear, which are:

- High pressure and the presence of protein in the urine.



- Symptoms indicating the disease appear in cases of severe preeclampsia, such as: persistent headache, vomiting, blurred vision or severe abdominal pain.



# What are the complications of preeclampsia on the mother?

## The mother:

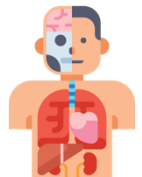
- Change in level of consciousness, convulsions, severe headache, and blurred vision. This condition may cause damage to the brain, liver and kidneys; if it continues without treatment it may threaten the life of the mother and fetus.



- Placental abruption during pregnancy.



- Functional failure in the vital organs of the body such as the heart, liver, and kidneys, or bleeding in the brain.



## What are the complications of preeclampsia on the mother?

The mother:

- Inability to see and it is usually temporary as a result of a temporary detachment of the retina or its infiltration.



## What are the complications of preeclampsia on the fetus?

- Lack of oxygen and nutrition from the placenta to the fetus, which leads to delayed growth and small size.
- The occurrence of premature birth before its due date.
- The death of the fetus.



# What is the treatment for preeclampsia?

## Preventive treatment:

The most important preventive treatment is the careful follow-up of pregnancy that detects the disease and thus prevents the development of the condition and the occurrence of complications. In addition, it was found that adding some medications during pregnancy, such as small doses of aspirin or calcium, may prevent the disease to occur, especially in women who have a history of pre-eclampsia.



# What is the treatment for preeclampsia?

## Simple preeclampsia treatment:

The most important part of the treatment of this type is complete rest in periods in excess of the normal rate with proper nutrition, which takes into account the increase in proteins and the lack of salt in food, and the mother and fetus are followed up on a regular basis to avoid complications.



## What is the treatment for preeclampsia?

- Severe preeclampsia treatment:

In these cases, some medications will be added to the medication list mentioned in the simple preeclampsia which will be given after admitting the patient in the hospital for observation and follow up.





## General instructions for pregnant women:

Pregnant women need regular medical follow-up:



- Once a month during the first three months.
- Twice a month during the following five months.
- Once every week during the last month, to avoid miscarriage and premature birth and monitoring the health status of the pregnant woman and fetus.





## General instructions for pregnant women:

Doing the necessary laboratory tests, which are:

- Urine examination and analysis.
- Determining blood type and Rh factor.
- Measurement of blood pressure and pulse.
- Measuring the pregnant woman weight and



monitoring weight gain with the increase in the size of the uterus and the fetus size.

### Sources and References:

All pictures used from Flaticon.com and Freepik.com

### Review and audit:

The content of this booklet has been reviewed by  
Obstetrics and Gynecology Consultants at King  
Fahad University Hospital.

## Health Awareness Unit

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