

Signs & Symptoms of Preeclampsia

Preeclampsia is a serious condition that can happen after the 20th week of pregnancy or after giving birth (called postpartum preeclampsia). In addition to causing high blood pressure, it can cause organs, like the kidneys and liver, to not work normally.

You may be at risk for experiencing preeclampsia if:

- You've had preeclampsia before.
- You're pregnant with more than 1 baby (twins, triplets, or more.)
- You have certain chronic health conditions, such as high blood pressure, diabetes, kidney disease, or an autoimmune disease like lupus.
- You have a family history of preeclampsia.
- You're older than 35.
- You're a member of a group that experiences health disparities and racism.

Headache that
doesn't go away

Changes in vision,
like blurriness, flashing
lights, seeing spots, or
being sensitive to light

Pain in your belly,
likely on the right
side under your ribs

Trouble breathing

Severe nausea or vomiting

Swelling in the
legs, hands, or face

Gaining weight rapidly
(2 to 5 pounds in a week)

Contact your healthcare provider if you are experiencing any of these symptoms or believe you have preeclampsia.

Visit <https://www.marchofdimes.org/preeclampsia> for more information.

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