NJHealth
New Jersey Department of Health



POWER OVER PREECLAMPSIA

Check Your Blood Pressure. Save Two Lives.

What is preeclampsia?

Preeclampsia is a **serious pregnancy condition that can affect the placenta, liver, kidneys, and other organs.** It usually develops in women after the 20th week of pregnancy or after giving birth. Preeclampsia can cause serious complications for both the mother and baby, and in **severe cases, it may result in miscarriage or even death.**

High Blood Pressure (Hypertension)

is one of the first and strongest symptoms of preeclampsia.

Other symptoms include:

- Severe headache
- Swollen face or hands
- Nausea or vomiting
- Upper belly pain
- Shortness of breath
- Visual changes

How to take blood pressure at home:

1. Sit upright, feet flat on the floor.
2. Rest for 5 minutes before starting.
3. Place cuff on bare upper arm (level with your heart).
4. Remain still and quiet while measuring.
5. Record the top (systolic) and bottom (diastolic) numbers.

Blood Pressure Guide

Stage	Systolic	Diastolic
Normal	< 120 mm Hg or	< 80 mm Hg
Elevated	120-129 mm Hg or	< 80 mm Hg
High Blood Pressure	130 mm Hg or higher or	80 mm Hg or higher

Consult with your health care provider if you experience any of these symptoms.