Pregnancy Poisoning

Definition: Hypertension related to the third trimester of pregnancy is called pregnancy poisoning.

Symptoms of pregnancy poisoning:

- Increased blood pressure
- Swelling of the hands and face, especially in the morning after waking up, which leaves a lasting impression.
- Presence of protein in urine

The earliest symptom and the most important criterion for diagnosing this disease is high blood pressure, which may occur suddenly.

In general, high blood pressure above 140/90 on two occasions, at least 6 hours apart, while the mother is resting, is abnormal, indicating that cardiovascular changes have occurred.

Protein in the urine is the last symptom that occurs.

Who is most affected by pregnancy poisoning:

- Maternal infection
- Age under 20 years and over 40 years
- Twin or multiple pregnancies
- Chronic diseases of the mother (diabetes, kidney and cardiac disease, chronic hypertension)
- Previous family history
- First pregnancy
- Obesity

Diagnosis:

Diagnosis is usually based on high blood pressure, protein in the urine, and swelling of the hands and face.

Some cases of swelling of the limbs are normal during pregnancy. However, if the swelling does not improve with rest or if it is accompanied by symptoms such as (severe headache, change in vision, upper abdominal pain, nausea or vomiting, dizziness), you should consult your doctor immediately.

Treatment and care:

With a diagnosis of preeclampsia, the patient is usually hospitalized. The basic treatment for preeclampsia is fetal removal. Outpatient treatment is done when the pregnancy is not in the last weeks and is used only in women who have mild poisoning (blood pressure less than 140/90 without protein in urine).

The mother should rest in bed to reduce swelling of the hands, face, and feet.
- Accurate and daily monitoring and measurement of blood pressure by the mother herself at home is essential.
- Visiting a doctor twice a week is necessary for a general examination and checking the fetal heart rate.
- Urine protein testing is also one of the doctor's instructions.
- Lying on your left side (in this case, placental blood flow is best.)

Refer to hospital immediately if you have any of the following symptoms: (Severe headache, upper abdominal pain, usually under the ribs and on the right side, changes in vision, including transient loss of vision, blurred vision or sensitivity to light, unexpected stress, nausea or vomiting, decreased urination)

The diet in this disease is high in protein (meat, dairy, legumes), high in calories and low in salt.

If you have any questions or ambiguities, call the following number:

023-33460077, Obstetrics and Gynecology ward of Amir-al-Momenin Hospital