

Signs and symptoms of preeclampsia

Preeclampsia is a **serious condition** that may show up after 20 weeks of pregnancy or after birth. It can cause high blood pressure and harm your kidneys and liver. Families, partners, and Birthworkers can all play a role in watching for signs and getting care early.

Symptoms to look for:

- ! **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
- ! **Swelling** in the legs, hands, or face
- ! **Trouble** breathing
- ! Severe **nausea or vomiting**
- ! Gaining weight **rapidly** (2 to 5 pounds in a week)
- ! **Decreased** urine output

Our communities have long known the importance of listening to the body during pregnancy. These signs are your body's way of asking for support.

Talk to your provider, your community health worker, Birthworker, or your Tribal Health Clinic if you're noticing any of these signs. Trust your instincts. Your voice matters.

For more information

Visit marchofdimes.org/preeclampsia