



# Every Week Counts

## What happens if I have an increased chance of developing preterm preeclampsia?

### Why is aspirin recommended?



#### Safe in pregnancy

No harm to baby's growth and development.



#### Effective

Reduces chance of developing preterm preeclampsia when started before 16 weeks.



#### Allergies or stomach problems?

Always talk to your healthcare provider before taking medication.

### What are the signs and symptoms?

You might have no signs or symptoms that you have preeclampsia. Some common signs and symptoms include:



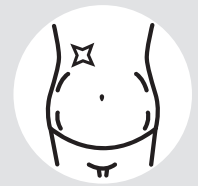
**High or increased blood pressure**



**Headaches**



**Swelling**  
(especially in the face or hands)



**Abdominal pain**  
(usually under the ribs on the right side)

If you are concerned, or experiencing any symptoms, please contact your healthcare professional.

# What are the short-term impacts of preeclampsia?

With early detection and appropriate monitoring most women with preeclampsia remain well during pregnancy.

**Women may experience:**

## Often

- More monitoring during pregnancy
- More intervention during labour and/or birth
- Longer stay in hospital

## Sometimes

- Very high blood pressure
- Increased bleeding
- Admission to intensive care

## Rare

- Kidney failure
- Liver failure
- Stroke
- Fluid on the lungs
- Seizure

## Very rare

Death

Most babies do well with the right care, even if born early. Serious complications are uncommon but this is why we offer screening, monitoring and sometimes aspirin.

**Babies may experience:**

## Often

Longer stay in hospital

## Sometimes

- Growth might slow down
- May be born early
- May be small
- May need extra care in a Neonatal Unit after birth

## Rare

Death

# What are the long-term impacts of preeclampsia?

Women who have preeclampsia or gestational hypertension in their pregnancy have an increased chance of other medical conditions later in life, including:



**High blood pressure**



**Heart disease**



**Diabetes**



**Kidney Disease**

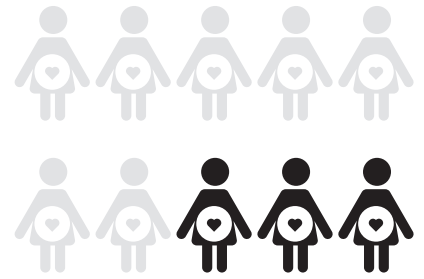


**Stroke**

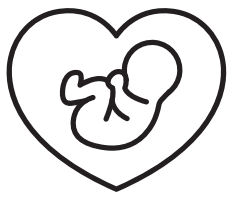
If you are diagnosed with preeclampsia during pregnancy you should speak with your GP or other care provider to screen for your individual chance of developing further medical conditions after pregnancy.

# Preeclampsia

*in numbers*



**3 in 100** pregnant women are diagnosed with preeclampsia



## Screening

can identify

**7 out of 10 (70%)**

women who have an increased chance of developing preterm preeclampsia



**Less than 1 in**

**100 (0.7%)** pregnant women develop preeclampsia

**before 37 weeks**

## Taking low-dose aspirin



can lower your chance of developing preterm preeclampsia by

**nearly two-thirds (62%).**

**Around 1 in 200 (0.4%)**

pregnant women develop preeclampsia

**before 34.5 weeks**





Australian Preterm  
and Early Term Birth  
Prevention Program

## Do you need more information?

If you have any further questions, you should contact your healthcare professional.

**More valuable information can also be found at:**

**The Pre-eclampsia Foundation**

[www.Pre-eclampsia.org/aspirin](http://www.Pre-eclampsia.org/aspirin)



**Australian Action on Pre-eclampsia**

[www.aapec.org.au](http://www.aapec.org.au)

