



Gestational Hypertension

Quick Facts

What It Is:



Starts after you are pregnant for 20 weeks or more



Either number is more than: Top Number: 140 or More
Bottom Number: 90 or More

For at least 2 readings taken 4 or more hours apart

How Doctors Test For It:



Check your blood pressure 2x, at least 4 hours apart



Check your urine and blood to see if your organs are okay



Check the blood flow to your baby with an ultrasound



What to Expect if You Have It:



You'll see your care team more often - possibly once or twice a week.



You may need medicine to lower your blood pressure. This makes sure you and your pregnancy are healthy.



You should have your urine and blood checked more often. This will catch preeclampsia early.

These tests are checking:

- How well your kidneys are working
- If your liver is healthy
- If your blood is clotting like it should



You will need more ultrasounds. The ultrasounds will make sure your baby is getting enough nutrients and is healthy.

After Delivery:



- Keep taking your blood pressure! Some people can get preeclampsia after giving birth.
- Tell your doctor if you have any concerning symptoms.