

# PIH

## What is PIH?

PIH (pregnancy induced hypertension), also known as toxemia and pre-eclampsia, is a condition in which your blood pressure rises during pregnancy. It can cause you to have protein in your urine, and can cause swelling of the face, hands, and feet. In severe cases, it can cause your baby to stop growing. PIH usually occurs in the last trimester of pregnancy (after 28 weeks).

## Risk Factors for PIH:

- First pregnancy
- History of PIH with another pregnancy
- History of chronic hypertension
- Are 35 years old or older
- Multiple gestation
- History of diabetes or kidney disease
- Obesity
- African-American
- History of immune disorders like lupus or blood diseases

## Signs and Symptoms:

- Sudden weight gain: a 5 pound weight gain in less than two days, or swelling of your hands or face. Remember, some swelling, especially in your feet and ankles, is normal during pregnancy.
- Changes in your vision: Seeing spots before your eyes, having blurry vision, or flashes of light that do not clear quickly with rest
- Headaches: Pain in the forehead which does not go away with rest, fluids, and Tylenol. Some headaches in pregnancy are normal.
- Pain on your right side: pain under your ribs or between your breasts that does not go away with antacids
- Decreased fetal movement: your baby is moving less than it usually does, even after eating a snack and drinking juice
- At each appointment we:
  - Check your blood pressure
  - Dip your urine to detect the presence of protein
  - Your weight

If we are concerned you are at risk for PIH, we will do some blood work (lab tests), and possibly monitor your baby's heart rate with an ultrasound or NST.