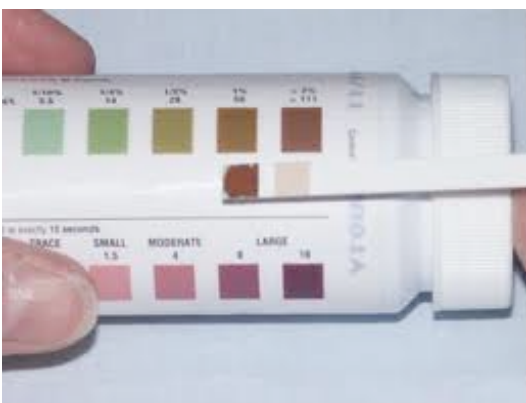




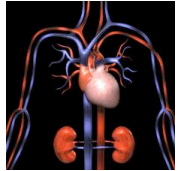
Why do they
take my blood pressure
and test my
urine now I am pregnant?



What is blood pressure?



Blood pressure is the force it takes to pump your blood around your body.



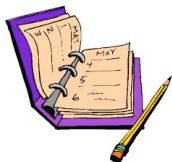
It is measured in your upper arm, this does not hurt but you may feel the machine pressing on your arm.



When will my blood pressure be taken?



It will usually be taken each time you see the Doctor or midwife.



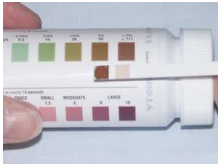
What is urine?



Urine is sometimes called Wee or Pee.



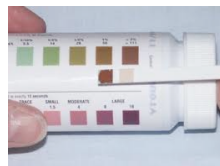
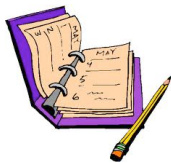
Urine is tested by dipping a special stick into the urine you take to your appointment.



When will my urine be tested?



Your urine should be tested every time you go to an appointment with the Doctor or Midwife.



So try to remember to take your pot of urine with you every time you go to an appointment.



Why does that matter?



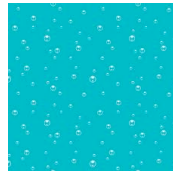
Your urine gives the Doctor or Midwife clues about how well you and your baby are.



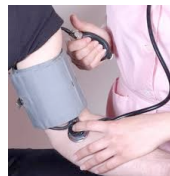
It can show if you have an infection in your urine (wee or pee).



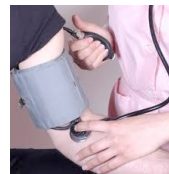
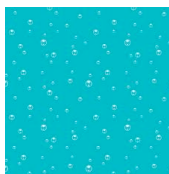
The urine test can also show something called protein the Doctor or Midwife need to know about this.



By taking your blood pressure the Doctor or Midwife can tell if it is higher than it should be.



If you have both protein in your urine and high blood pressure you may be suffering from something called Pre-eclampsia this used to be called 'Toxaemia'.



Why should I worry?



Pre-eclampsia can make you and your unborn baby ill.



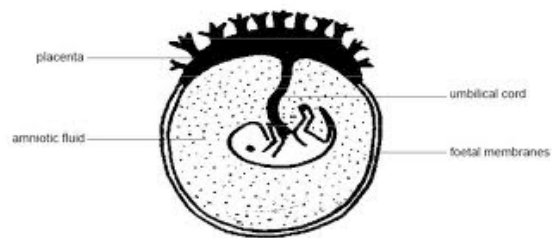
If you get pre-eclampsia you may need to go to hospital so that the Doctors and Midwife can keep an eye on you and your baby.



What causes Pre-eclampsia?



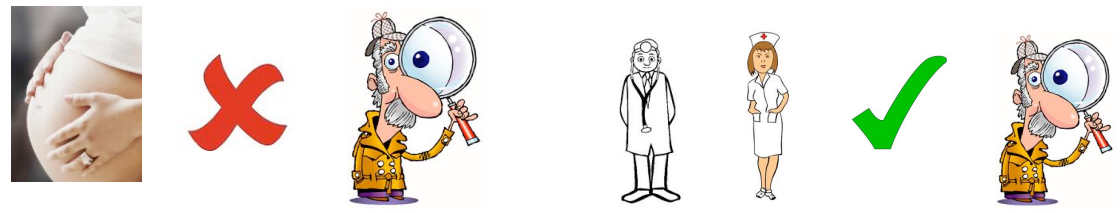
It is nothing you have done it is caused by problems with the placenta which is sometimes called the afterbirth.



How will I know I have got it?



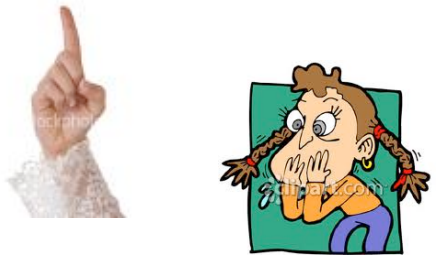
Sometimes you won't know and only your Doctor or Midwife will be able to tell you.



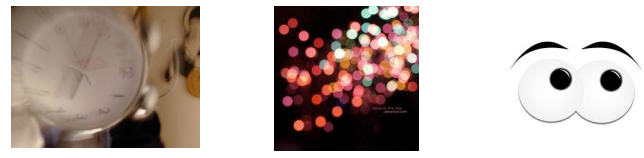
But sometimes women say they feel.



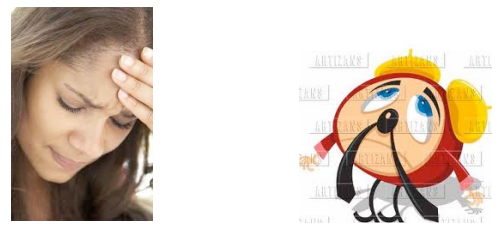
> More sick than usual.



> Have blurred vision or flashing lights in front of their eyes.



> Have a very bad headache that does not go away.



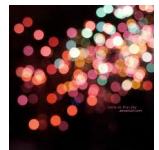
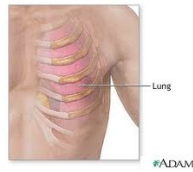
> A pain below the ribs.



What do I do if I suffer from any of these things?



If you feel more sick than usual, have a headache that won't go away, a pain below your ribs, blurred vision or flashing lights before your eyes.



Don't panic!



Go to see your Doctor or Midwife (don't wait for your next appointment).

