

## This leaflet is for people who have experienced pre-eclampsia during their pregnancy.

It offers some tips to help you look after your future health:

- See your GP within 6 to 8 weeks of delivery for blood pressure follow-up.
- Seek appropriate contraceptive advice (progesterone only contraception may be more suitable).
- Take blood pressure medication as prescribed and only stop on advice of GP/Specialist.
- Once blood pressure returns to normal, check it periodically with a validated blood pressure monitor.
- Seek medical review with your GP before planning another pregnancy.
- In future pregnancies low dose aspirin (150mg) may be recommended from 12 weeks to reduce risk of pre-eclampsia.



## Further information

High blood pressure



Pre-eclampsia



Healthy eating and exercise following childbirth



Charity: Action on Pre-eclampsia



## Take part in research!

We are running the FLOWER study exploring cardiovascular health after high blood pressure in pregnancy.



Scan the QR code for more information or email: [FLOWER@cardiov.ox.ac.uk](mailto:FLOWER@cardiov.ox.ac.uk)



If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.



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[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)

# Future health after Pre-eclampsia

## Information leaflet



## What can I do to stay healthy and reduce my risk?

Eat a healthy balanced diet



Avoid adding extra salt to your food



## What are the risks to my future?

1 to 2 times more likely to develop kidney disease in the future

1 to 5 women will develop high blood pressure in another pregnancy

Self-monitor blood pressure twice a year\*



Developing raised blood pressure disorders during pregnancy leads to an increased risk of future cardiovascular complications

1 in 6<sup>†</sup> women will develop pre-eclampsia in a future pregnancy

Maintain a weight that is healthy for you



Double the risk of having a stroke in the future

1 in 3 women will develop high blood pressure over the next 10 years

Exercise regularly – 150 minutes a week e.g brisk walking



Double the risk of developing diabetes in the future

2 to 3 times more likely to develop heart disease in the future



Avoid smoking and minimise alcohol



See GP annually\*

Timing of birth	† Chance of developing pre-eclampsia in a future pregnancy
34 to 37 weeks	1 in 4
28 to 34 weeks	1 in 3
< 28 weeks	At least 1 in 3, likely higher

\*More frequently if advised.

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