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MILD ELEVATION OF BLOOD PRESSURE

PATIENT IDENTIFICATION

DATE

Your doctor believes that you have mid pre-eclampsia, also called toxemia, which is a condition which only occurs in pregnancy. It's signs are high blood pressure, protein in the urine, and a lot of swelling, usually in the face and fingers. To insure the best outcome for you and your baby, it is important that you follow the instructions that are given below:

1. The mother should decrease her activity with frequent rest periods during the day.
2. Lying on the left side will help to decrease blood pressure.
3. The mother should eat a well-balanced diet, high in protein. Good sources of protein can be found in lean meats, fish & eggs.

If the pre-eclampsia worsens, the doctor may recommend medications and possibly hospitalization. If you develop any of the signs listed below, notify your doctor or clinic.

1. Severe headache that won't go away.
2. Swelling of face and fingers.
3. Sudden, repeated vomiting.
4. Decrease in the amount of urine.
5. Pain located just above your stomach.
6. A noticeable decrease in the baby's movement.
7. Dimness or blurring of vision.

SPECIAL INSTRUCTIONS

FINDINGS / RECOMMENDATIONS

I have read these instructions, and understand them as they have been explained to me.

PATIENT'S SIGNATURE

DATE / TIME

PHYSICIAN'S SIGNATURE

DATE / TIME

NURSE'S SIGNATURE / TITLE

DATE / TIME

WHITE - Medical Records

YELLOW - Patient

PART OF THE MEDICAL RECORD