

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



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.



Authors: Research Midwife and Cardiology Registrar
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www.ouh.nhs.uk/information



Oxford University Hospitals
NHS Foundation Trust

Future health after Pre-eclampsia

Information leaflet





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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