



What is pre-eclampsia?

Pre-eclampsia is persistent high blood pressure that you may develop during pregnancy or during the post delivery period. It is one of the most common and life threatening conditions occurring in pregnancy. 1 in 10 pregnant women in India are affected by pre-eclampsia

Adverse effects on the mother - Eclampsia (convulsions), HELLP syndrome, maternal death (maternal deaths due to pre-eclampsia is about 4-5/ 1000 live births in India)

Adverse effects on the baby – growth restriction, premature birth

Why should I be screened for pre-eclampsia?

Screening is a simple way to identify your risk of developing pre-eclampsia before 34 weeks of pregnancy. Early detection and treatment can protect you and your baby from the adverse effects of pre-eclampsia

What does screening involve?

Screening includes:

- Blood collected between 11-13+6 weeks (same blood sample collected for combined first trimester biochemical screening) to measure serum pregnancy-associated plasma protein-A (PAPP-A) and placental growth factor (PIGF) in maternal blood.
- An ultrasound scan to measure the uterine artery blood flow from you to the baby.
- These results are combined with your blood pressure and family history information to provide a result.





What do my results mean?

- A screen negative result means you are unlikely to develop pre-eclampsia before 34 weeks. A negative screen however, does not mean you will definitely not develop pre-eclampsia. With this screen result, you will continue to receive normal prenatal care.
- A screen positive for early-onset pre-eclampsia warrants close monitoring during your pregnancy with blood pressure assessment and serial ultrasound scans every 4 weeks after 26 weeks of pregnancy to check for the baby's growth.

How can the development of pre-eclampsia be prevented?

Tablet Aspirin 150 mg started before 16 weeks of pregnancy and continued till 36 weeks of pregnancy has shown to reduce the risk of early-onset pre-eclampsia and prevent the problems in the placenta that cause pre-eclampsia and affect the normal growth of a baby.

How will I get my results?

If your result shows you to be at low risk for developing pre-eclampsia then the results will be mailed to you.

If you fall into the high risk category, then you will be mailed the combined report along with the suggestion to start Tablet Aspirin 150 mg once daily at bedtime after food till 36 weeks of pregnancy/you can contact us for a consultation.