

High Blood Pressure in Pregnancy (Arabic)

الحمل أثناء ناء الدم ضغط ارتة فاع

- You have mild hypertension (high blood pressure) of pregnancy.
الحمل من الدم ضغط في ب س ي ط ارتة فاع ل د ي ك
- This can usually be controlled with increasing rest and careful monitoring until your baby is born.
ط ف لك ي و ل د ح تى الد ق ي ق وال ر ص د ال ر ا ح اة ز ي ا د ق ب ع ل ي ه ي س ي ط ر أن ع ا دة م ك ن ي ه ذا
- Signs that you may be developing a more serious condition, preeclampsia are
الحمل ت س م م خ ط و رة أ ك ث ر ت ط و ر ات ل د ي ك أنه ع ل ي د ل ت ق د ال تى ال ع ل ا م ات
: ه ي (ب ر ي ك ل ا م ب س ي ا)
 - severe headache that won't go away
لا ي ك ف ال ذ ي ال ح ا د ال ص د ا ع
 - vision changes (spots, blurring, and halos)
وال ه ا ل ات ، ال و ص و ح ع د م ، ك ا ل ب ق ع) ال ر و ية ف ي ت غ ي ي ر ات
 - marked swelling of the hands and face
وال ي د ي ن ال و ج ه ف ي و ا ض ح ت و ر م
 - pain in the right, upper abdomen
ل ل ب ط ن ال ع ل و ية ال ي م نى ال ج هة ف ي أ ل م
 - decreased or absent fetal movement
ال ج ن ي ن ح ر كة غ ي ا ب أو ت ن ا ق ص

If you develop any of these signs, you should call your doctor or nurse-midwife or call triage (734) 764-8134.

أو ال ق ا ب لة أو ب ط ب ي ب ك ال ات ص ا ل ي ج ب ، ال ع ل ا م ات ه ذه م ن أ ي ل ك ي ح د ث إ ذ ا
ال ر ق م ع ل ي ال و ل ا دة ا س ت ق ب ا ل ب ق س م ال ات ص ا ل أو ال م م ر ضة : 8134-764-734.

- Drink 8 glasses of water each day.
ي و م ك ل ال م ا ع م ن أ ك و ا ب 8 ش ر ب

- Rest on your left side _____ times a day for _____ minutes.

دقائق _____ ولمدة ال يوم في مرات _____ لأي سر الجانب علي الراحة

- Count your baby's movements twice each day. (See Fetal Movement Count handout)

(الجنين حركة عد مذكرة الي يانظر). مرتين يوم كل في ط فلك حركات ي عد

- Keep the following appointments:

: ال تالية المواعيد علي الحافظ

- Other Instructions:

أخرى تعليمات

النساء بمستشفى الولادة استقبل مركز
Women's Hospital Birth Center Triage
500 E. Medical Center Drive
Ann Arbor, Michigan 48109-0256
734-764-8134

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Author: Women's Hospital Birth Center Triage

Translators: UMHS Interpreter Services

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