



# High Blood Pressure in Pregnancy (Chinese) 妊娠高血壓

- ◆ You have mild hypertension (high blood pressure) of pregnancy.  
您有輕微的妊娠高血壓。
- ◆ This can usually be controlled with increasing rest and careful monitoring until your baby is born.  
這通常是可以多休息和小心監視來控制，直到孩子出生。
- ◆ Signs that you may be developing a more serious condition, preeclampsia are  
可能發展成更嚴重的狀況--子癲前症，癥兆是：
  - severe headache that won't go away  
無法消失的嚴重頭痛
  - vision changes (spots, blurring, and halos)  
視力改變 (點狀、糢糊以及暈圈)
  - marked swelling of the hands and face  
手和臉有明顯的浮腫
  - pain in the right, upper abdomen  
右上腹部疼痛
  - decreased or absent fetal movement  
胎動減少或沒有胎動

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

如果您有以上任何的癥兆，您應當通知您的醫生、護士助產士，或是打電話到分流中心 Triage (734) 764-8134。

Women's Hospital Birth Center Triage  
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- ◆ Drink 8 glasses of water each day.  
每天喝八杯水
- ◆ Rest on your left side \_\_\_\_\_ times a day for \_\_\_\_\_ minutes.  
左側躺休息，每天\_\_\_\_\_次，共\_\_\_\_\_分鐘
- ◆ Count your baby's movements twice each day. (See Fetal Movement Count handout)  
每天數胎動兩次 (請參閱胎動計數 Fetal Movement Count 資料)
- ◆ Keep the following appointments:  
保持以下的預約：

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- Other Instructions:  
其他的指示事項：

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