

What Are The Signs Of Preeclampsia With Twins?

Pregnancy can be a challenging time. This time you may have swelling, aches, pains, nausea, and other unpleasant symptoms. And soon-to-be mothers have changes in their bodies. The most common symptom a pregnant woman can have is preeclampsia - this involves high blood pressure, swelling of the hands and feet, and protein in the urine. If left untreated the [preeclampsia with twins](#) can become dangerous and can lead to developing HELLP signs and eclampsia, which are life-threatening. Preeclampsia is a **twin pregnancy complications** and can develop between 20 weeks of twin gestation and six weeks after delivery.



However, another cause is also that preeclampsia can also develop healthy [twin baby pregnancy](#), but it can cause low birth weight, premature delivery, and breathing problems for your twins. When you go to the regular prenatal appointment and your doctor diagnosis or screen of your blood pressure and urine. This indicates something's wrong. Here are the following signs and symptoms of preeclampsia:

- Headache that will not go away
- Shortness of breath
- Vision changes, or sensitivity to light.
- Sudden increased weight
- Vomiting or nausea
- Reduced urine output or protein in the urine
- Swelling in your face and hands
- Pain in the upper-right part of your abdomen or shoulder
- Lower back pain related to impaired liver function.

Other complication, you may have when developing Preeclampsia:

- HELLP syndrome, a critical form of Preeclampsia
- Excess bleeding flow caused by reducing low platelet level
- Future cardiovascular disease

- Eclampsia is an advanced form of preeclampsia
- Organ damage like eyes, heart, lungs, liver, or kidneys
- Brain injury

Preeclampsia can be scary because its symptoms often aren't noticed so it is needed for the regular appointment with the doctor and concerned with every symptom or changes you've seen in the body.



What to do when you see the signs of Preeclampsia?

When you see the symptoms of Preeclampsia, you need to seek your doctor. However taking care of every prenatal visit even if everything is fine, is needed by your doctor to monitor your blood pressure. Immediately needed to call your doctor or visit an emergency room if you see developing blurred or changed vision, severe shortness of breath, strong pain in the abdomen, or intense headaches. Along with this, you need to do the following care:

- Regular and early prenatal care is needed. For this, you need to schedule an appointment with the doctor time-to-time. During this meet, he/she diagnoses and monitors the blood pressure and protein level in the urine. This can easily detect preeclampsia even if you don't have any symptoms.
- If you have chronic high blood pressure, you immediately need to contact the doctor to keep it under control. Limiting the salt and getting regular exercises can also control the blood pressure.
- Don't smoke or drink alcohol.
- Eat healthy, regular meals, drink more water, and take a prenatal vitamin.

To get rid of preeclampsia, you need to seek a doctor, and also regular prenatal visits can avoid this pregnancy complication. Call your doctor immediately and go to the emergency room if you experience severe pain in the abdomen, shortness of breath, severe headaches, or changes in your vision. Talk to your doctor about everything that you are experiencing and have a normal twin birth with happiness!