Getting started on **reducing your risk**

- Ask your doctor or midwife about your risk for preeclampsia
- Create an action plan with your care team to get ahead of preeclampsia
- Be vigilant for signs and symptoms if it does occur
- Know when and how to notify your clinicians with concerns

Things to discuss with your **doctor or midwife**

Monitoring

High blood pressure is often the first sign of preeclampsia developing, and an increase in blood pressure usually causes no symptoms – so you won't know unless you check. You should notify your care team if your blood pressure is over 140/90. It is an emergency if it is 160/110 or higher, for either number.

- ☐ Should you check your blood pressure at home?

  How often?

  ☐ Daily ☐ Weekly ☐ Other
- ☐ What's the best way to notify your care team if your blood pressure is over 140/90?
- ☐ What should you do if either number is higher than 160/100?

It's also very important to know all the signs and symptoms of preeclampsia so you can seek immediate care if it develops. Have you reviewed all the signs and symptoms of preeclampsia? Many are easy to confuse with normal pregnancy symptoms.

- ☐ Blood pressure is over 140/90
- ☐ Swelling of face or hands
- ☐ Sudden weight gain
- ☐ Pain in the abdomen or shoulder
- ☐ Seeing spots, blurry vision, or other changes in eyesight
- ☐ Nausea and vomiting in the second half of pregnancy
- ☐ Shortness of breath
- ☐ Headache that will not go away

Medication & labs

Low-dose Aspirin has been shown to be a safe and effective medication to lower your preeclampsia risk. You may have already started taking it, but there may be more to discuss:

- ☐ Should you start taking low-dose aspirin?
- ☐ If you are already taking low-dose aspiring what dose should I continue with? 81mg or 162mg?
- ☐ How will I remember to take it every night?

  Tip: Studies have shown that night works better

(over)

Medication & labs (continued)

Your doctor or midwife may also want to check your liver function, kidney function, and for protein in the urine. Do you need your baseline labs evaluated?

- ❑ Liver function
- ❑ Kidney function
- ❑ Protein in urine
- ❑ Already all completed
- ❑ N/A

Nutrition & lifestyle

Nutrition can have a big impact on your pregnancy health and preeclampsia risk. The Mediterranean diet can lower the risk of preeclampsia. Vitamin D and calcium are also important. Should you consider any of these changes?

- ❑ Adding more fresh fruits and vegetables to your diet
- ❑ Taking vitamin D 600-2000 IU (international units) daily, including the amount in your prenatal vitamin
- ❑ Seeking a nutrition consult, particularly if Calcium intake is low

Exercise can be part of a health pregnancy. The most effective exercises are a combination of aerobic exercise and strength training. Check in with your doctor or midwife on the following:

- ❑ Exercising for 30-60 minutes, at least 3-4 times per week
- ❑ Selecting exercise(s) that feel right for you

Tip: Even small amounts of activity are beneficial for your health

Sleep is an important part of preventing preeclampsia. While it may seem simple, it can make a difference. Some women also have sleep apnea, a condition that causes breathing problems while asleep.

Discuss the following with your doctor or midwife:

- ❑ Getting at least 7 hours of sleep every night
- ❑ Let them know if you feel overly tired, are snoring, or having pauses in breathing while you sleep
- ❑ If you are already receiving treatment for sleep apnea, remember to continue with your treatment

encompass™

Learn more on support.encompasstest.com/supportportal

For more preeclampsia prevention information, review: J. Roberts, et al. Care plan for individuals at risk for preeclampsia: Shared approach to education, strategies for prevention, surveillance and follow up. AJOG. 2023

Disclaimer: This guide is not intended to replace your provider's care plan. Always consult with your care team.

©2026 Mirvie, Inc. All rights reserved. The Encompass wordmark, and stylized 'e', Mirvie, and RNA Platform are trademarks of Mirvie, Inc.
The Encompass test is performed by a CLIA-certified lab to screen for preeclampsia risk. You should always discuss your results and action plan with your care team. Manufactured by Mirvie, Inc. 651 Gateway Blvd., Suite 1200, South San Francisco, CA 94080 Preventive Action Guide 2026 V1.0 - Digital