

High blood pressure in pregnancy Treatment vs no treatment

An in-consultation aid to support discussions about blood pressure in pregnancy treatment options

1:10 women have high blood pressure in pregnancy



National guideline¹



Can my blood pressure be too high?

Severely high blood pressure - seek medical help straight away if your blood pressure is above **160/110mmHg**



When is it recommended that treatment is started?

When your blood pressure is sustained above **140/90mmHg**



What blood pressure should I be aiming for?

If on medication aim for a blood pressure of **135/85mmHg**



Benefits of treatment

On average, in every 100 women with raised blood pressure who start treatment (compared to those who do not), 10 fewer developed severely high blood pressure.

Severely high blood pressure²

No Treatment



20:100

Treatment



10:100

Side-effects of treatment

Women

Up to 1:10 will get³



Dizziness



Tiredness

Baby/ Child

Taking blood pressure medication may benefit your baby.



The longer-term effect on your child's health has been less well studied⁴ (currently no major concerns exist).



Admission to neonatal unit⁵

On average, in every 100 women with severely high blood pressure (compared to raised blood pressure only), 24 more babies will need neonatal unit admission.

BP >160/110mmHg BP <160/110mmHg



47:100



23:100

Severely high blood pressure - Outcomes in babies

Low birth weight⁵

On average, in every 100 women with severely high blood pressure (compared to high blood pressure only), 9 more babies will be born with a low birth weight.

BP >160/110mmHg BP <160/110mmHg



24:100



15:100

Severely high blood pressure - Outcomes in women

Very rarely, pregnant women can have a stroke. This happens to about 15 women in 1 million⁶. On average, in every 100 women who do have a stroke 96 women will have severely high blood pressure and 4 women will not⁷.

Stroke

BP >160/110mmHg BP <160/110mmHg



96:100



4:100

Setting targets - Reducing severely high blood pressure

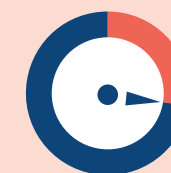
On average, in every 100 women who aim for a blood pressure of 135/85mmHg (compared with 150/100mmHg), 13 fewer will get severely high blood pressure⁸.

Severely high blood pressure²

BP <150/100mmHg BP <135/85mmHg

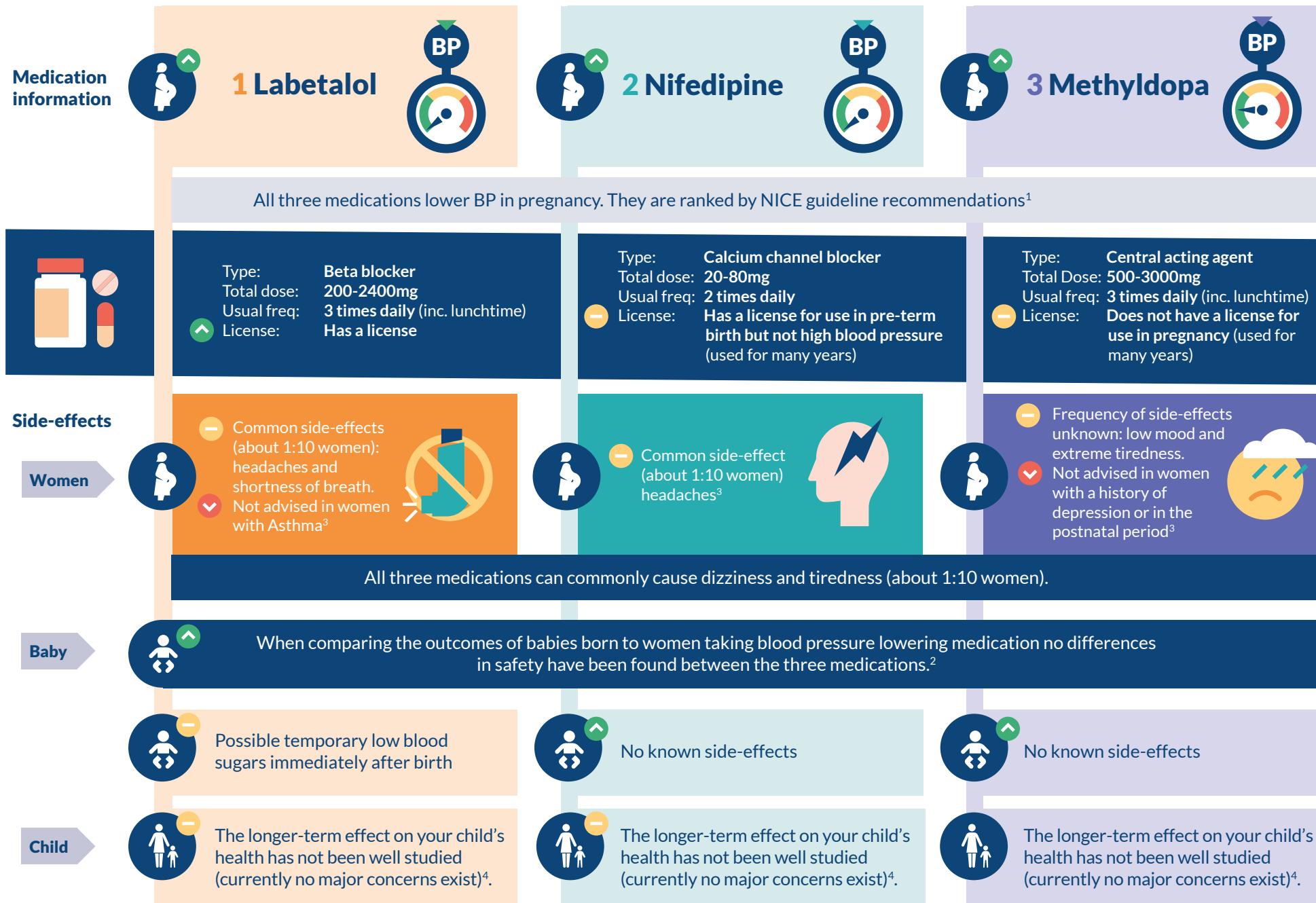


41:100



28:100

High blood pressure in pregnancy **Medication choice**



1 NG133 Hypertension in pregnancy: diagnosis and management (2019)
2 Abalos E, Duley L, Steyn DW. Antihypertensive drug therapy for mild to moderate hypertension during pregnancy. Cochrane Database Syst Rev. 2018.
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4 Fitton CA, Steiner MFC, Aucott L, et al. In-utero exposure to antihypertensive medication and neonatal and child health outcomes: a systematic review. J Hypertens. 2017

5 Magee LA, von Döbeln P, Singer J, et al. The CHIPS Randomized Controlled Trial (Control of Hypertension in Pregnancy Study): Is Severe Hypertension Just an Elevated Blood Pressure? Hypertension. 2016
6 Scott CA, Bewley S, Rudd A, et al. Incidence, risk factors, management, and outcomes of stroke in pregnancy. Obstet Gynecol. 2012
7 Judy A, E. C. L. McCain, E. S. Lawton, et al. (2019). "Systolic Hypertension, Preeclampsia-Related Mortality, and Stroke in California." Obstet Gynecol. 2019
8 Magee LA, von Döbeln P, Rey E, et al. Less-Tight versus Tight Control of Hypertension in Pregnancy. New England Journal of Medicine. 2015