

## Pre-eclampsia

Pre-eclampsia is a rare but serious condition of pregnancy, usually occurring after 20 weeks. It is defined as raised blood pressure and protein in the urine. Pre-eclampsia is usually detected through regular antenatal checks, but can sometimes develop quickly.

### Symptoms include:

- severe headaches
- sudden increase in swelling - particularly in the face, hands, feet or ankles
- problems with your vision
- pain just below your ribs
- feeling very unwell or tired

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### For more information visit:

- **NHS Choices**  
[www.nhs.uk/conditions/pre-eclampsia/](http://www.nhs.uk/conditions/pre-eclampsia/)
- **Royal College of Obstetrics & Gynaecology**  
[www.rcog.org.uk/globalassets/documents/patients/patient-informationleaflets/pregnancy/pi-pre-eclampsia.pdf](http://www.rcog.org.uk/globalassets/documents/patients/patient-informationleaflets/pregnancy/pi-pre-eclampsia.pdf)

## Intrahepatic cholestasis of pregnancy

Intrahepatic cholestasis of pregnancy is a liver disorder that can develop in pregnancy (usually after 30 weeks gestation), affecting up to one in every 140 pregnant women.

### Symptoms include:

- severe itching, normally on the hands and feet (commonly)
- dark urine, pale stools (rarely)
- yellowing of the skin and whites of the eyes (rarely)

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### For more information visit:

- **NHS Choices**  
[www.nhs.uk/conditions/pregnancy-and-baby/itching-obstetriccholestasis-pregnant/](http://www.nhs.uk/conditions/pregnancy-and-baby/itching-obstetriccholestasis-pregnant/)
- **ICP Support** [www.icpsupport.org/](http://www.icpsupport.org/)