HELLP Syndrome

Black Infant Maternal Health Initiative

Kern County

"Striving for birth equity through unity and empowerment."



HELLP Syndrome is a serious pregnancy complication that is related to preeclampsia and needs medical attention right away.

Learn more scan QR:

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SIS, DID YOU KNOW?

These tips can help you and your baby stay alive and healthy.

If Preeclampsia is not treated, it can lead to HELLP Syndrome or seizures. Both can be dangerous for you and your baby.

KNOW THE WARNING SIGNS:
Call your healthcare provider if you have any of the following symptoms:

- **Pain in your belly or chest**, especially on the upper right side. A belly that feels tighter than normal.
- **Shoulder pain** that gets worse when taking a deep breath.
- **Trouble breathing,** shortness of breath, or gasping for air.
- **Headache that does not go away** even after medication.
- **Changes in vision** like blurred vision, seeing double, or flashing lights.
- **Nausea, vomiting, or stomach pain after eating.**
- **Bleeding,** especially any that is not normal for you during your pregnancy.

Medical Signs that your Provider Might Look For:
High blood pressure, protein in your urine, abnormal lab work.

Learn the warning signs. If something doesn't feel right, contact your healthcare provider.