

# Questions for Preeclampsia Survivors

*to ask their doctor*

- What is your experience of treating women who had preeclampsia and its long-term consequences?
- What were/are my risk factors?
- Does PreE have genetic or family connections?
- What are my chances of developing PreE again?
- How does my onset during pregnancy and severity increase my risk of developing PreE again?
- With my risk factors, current symptoms, and personal family history should I be concerned about any autoimmune, metabolic, or coagulation disorders?
- With my medical history with PreE, what should I be doing to heal my body?
- Are my siblings or children now at risk to develop PreE during their pregnancies?
- What method of contraception would you recommend for me?
- What are the risks for me and the baby if I were to get pregnant again?

# Questions for Preeclampsia Survivors

*to ask their doctor*

- According to my medical records XYZ happened during my pregnancy along with PreE, how did those play into my risk factors?
- What has happened to women with another pregnancy after PreE in your experience?
- How should I prepare for another pregnancy?
- How long should I space out my pregnancies?
- Should I lose weight before another pregnancy?
- Should I change my diet before another pregnancy?
- Do I need to be in better physical shape before another pregnancy?
- If I were to get pregnant, when should I contact you?
- How would you “treat” my pregnancy since I had PreE in a previous pregnancy?
- Would you prescribe me baby aspirin? If so, when would you?

# Questions for Preeclampsia Survivors

*to ask their doctor*

- What would be the most appropriate method of delivery in my next pregnancy? Scheduled c-section? Induction? Vaginal?
- Would I have a team of doctors during my pregnancy?
- Would I be monitored closely in my pregnancy?
- Would my baby be monitored closely?
- Do you recommend bedrest as a “treatment plan” for hypertensive disorders in pregnancy? If so, why?
- Could I continue my normal way of life during my next pregnancy (i.e. still work)?
- Since I gave birth at \_\_\_ weeks during my last pregnancy, would I be at more risk for another premature birth? (applies only if you gave birth prematurely during your PreE pregnancy)
- What would you do to prevent another premature birth?
- How often will be my appointments in the next pregnancy?
- How up to date are you on the latest studies and information on preeclampsia?

[www.knockonmotherhood.com](http://www.knockonmotherhood.com)

*Be sure to ask any questions you have about your previous PreE pregnancy after you've looked through your medical records*