

PROTOCOL #13B—Maternal Fetal Medicine, University of New Mexico

EXPECTANT TREATMENT OF MILD PREECLAMPSIA/PIH

A. General

Expectant treatment of mild preeclampsia may be used with patients at <37 weeks gestation. Patients may be treated at home.

B. Treatment

1. Bed rest on left side with ambulation allowed for use of bathroom and eating meals. Patient may sit up to watch TV, read, or meditate.
2. Biweekly fetal surveillance. May be done more often if indicated.
3. Blood pressure checks at least twice per week.
4. Baseline coagulation, renal, and liver studies - to be repeated on clinical indications.
5. Daily urine protein checks with dipstick. Do 24-hour collection if 1+ or more.

C. Indications for Termination of Pregnancy

1. Gestational age \geq 37 weeks
2. Fetal deterioration
3. Maternal deterioration
4. Any associated condition dictating delivery (post dates, IUGR, etc.)

In general, in the presence of an immature fetus, overriding considerations must be present to terminate pregnancy in patients with mild preeclampsia.

CONSULTATION: Twenty-four hour consultation is available by calling the Maternal Fetal Medicine service at the University of New Mexico Hospital. 1-888-866-7257.