

Table III. Monitoring of Low-Risk Hypertension Women

Maternal	Fetal
• Weight gain (based on BMI)	• First trimester screening for aneuploidy u/s
• Sodium intake (maximum 2.4 t/ℓ)	• Second trimester u/s for congenital anomalies
• Compliance with visits and medications	• Ultrasound for growth and fluid
• Side effects of medication*	• 33-34 weeks
• Reporting of symptoms of severe disease**	• 36-37 weeks
• Development of severe hypertension (7-13%)	• Daily kick count starting at 34 weeks
• Superimposed preeclampsia (10-15%)	• Non-stress test every week at 34 weeks
• Abruptio placentae (1-2%)	• Biophysical profile as indicated

*For those requiring medications

**Severe headaches, visual changes, epigastric pain, shortness of breath