



Aspirin in pregnancy

Aspirin 150 mg
every evening
(with or just after
food)

To start before

16 weeks

To stop at

36 weeks

Twins to stop at

32 weeks

Why have I been given this leaflet?

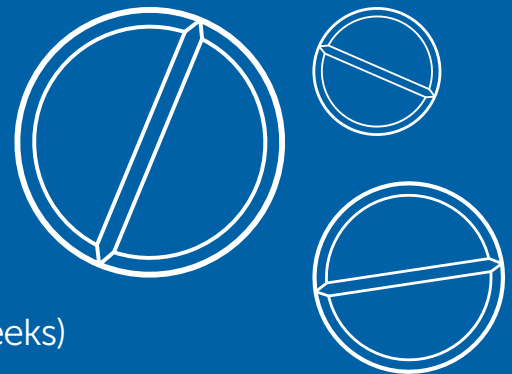
You have been given this leaflet because your midwife or doctor assessed you as being at risk of developing pre-eclampsia in pregnancy

Why should I take Aspirin?

Experts in maternity have looked at the benefits of taking Aspirin when certain risk factors are present and recommend it.

Aspirin has shown to reduce the risk of:

- Developing hypertension (high blood pressure)
- Developing pre-eclampsia (high blood pressure and excessive protein in your urine)
- Your baby being smaller than expected
- Giving birth to your baby prematurely (before 37 weeks) because of pre-eclampsia and small baby



Is it safe to take Aspirin in pregnancy?

Aspirin is generally safe in pregnancy, and it is not linked to abnormalities in the baby.

There is limited evidence from one study to show a small risk of bleeding at the time of delivery, therefore we advise to stop taking it a few weeks before delivery.

Aspirin in rare circumstances can cause some side effects. If you experience any side effect we advise you contact health care professional (midwife, maternity assessment, GP) the same day:

- Stomach pain or indigestion (most common)
- Blood in your stool (rare)
- Skin rash (uncommon)
- Breathing difficulties (uncommon): call 999 urgently

What's preeclampsia?

Pre-eclampsia is a condition that only occurs in pregnancy and is thought to be caused by the placenta (afterbirth). It is a rare but serious condition. Preeclampsia affects 1 in 16 pregnancies, and you are in that higher risk group.

There are often no symptoms of preeclampsia in mild cases and it is only detected by high blood pressure and/or protein in the urine and/or abnormal blood tests, which your midwife will check at appointments. You may also experience severe headaches, vision problems and swelling in your hands, face and feet. If you experience any of these symptoms or if you are concerned speak to your midwife urgently.

The high blood pressure can sometimes be difficult to control with medication, and it can cause significant problems affecting the growth of your baby and your health. That may mean a long hospital stay and earlier delivery of your baby by caesarean section.

More information on Aspirin

Aspirin is not normally taken in pregnancy and its use during pregnancy is what we call 'unlicensed'. This means that the manufacturers have not gained a licence to use it in this way. This does not mean that it is unsafe for use. Unlicensed medicines are commonly used in medicine.

When do I not take Aspirin?

If you have any of the conditions below we would not recommend taking Aspirin during your pregnancy:

- Active peptic ulceration
- Bleeding disorders (antiplatelet dose)
- Children under 16 years (risk of Reye's syndrome)
- Allergy to Aspirin or non-steroidal anti-inflammatory drugs (NSAIDs), such as Ibuprofen in the past
- Severe asthma

