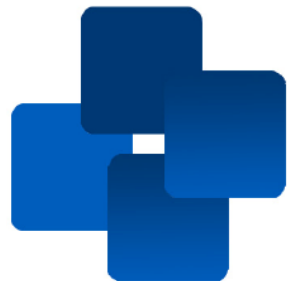


Patient Information

Low dose aspirin (150mgs) in pregnancy

Pharmacy Department



Introduction

You have been given this information leaflet as you have been advised to take a low dose of aspirin (150mg) once a day, from 12 weeks of pregnancy until your baby is born. This leaflet is about the use of low dose aspirin (150mg) only. As with any recommendation in pregnancy, you have a right to decline.

What is low dose aspirin?

Aspirin is a blood thinning medication, known as a non-steroidal anti-inflammatory drug (NSAID). Aspirin is often used to treat pain, fever or inflammation. You have been advised to take a low dose of 150mg once a day. Taking a low dose of aspirin may help to reduce the risk of:

- developing hypertension (high blood pressure) and pre-eclampsia (high blood pressure and excessive protein in your urine)
- giving birth to your baby prematurely (before 37 weeks)
- your baby being smaller than expected

Your midwife or obstetrician (a doctor who specialises in the care of pregnant people) may recommend that you take low dose aspirin if:

- you had hypertension (high blood pressure) during a previous pregnancy
- you have chronic kidney disease
- you have an auto-immune disease (for example, lupus or antiphospholipid syndrome)
- you have type 1 or 2 diabetes
- you have chronic hypertension
- you have previously given birth to a baby who was smaller than expected
- This is a multiple pregnancy (for example, twins or triplets).
- Low PAPP levels (a blood test done when screening test for Down's syndrome, Edwards' syndrome and Patau's syndrome between 10 and 14 weeks)

Low dose aspirin may also be recommended if two or more of the following apply to you:

- This is your first pregnancy
- You are aged 40 years or older
- There are more than 10 years between this pregnancy and the birth of your last baby
- Your BMI is 35 or more at your booking appointment
- There is a family history of pre-eclampsia

Your obstetrician may also advise you to take low dose aspirin for other reasons, which they will discuss with you.

Is low dose aspirin safe to take during pregnancy?

Low dose aspirin is not known to be harmful to you or your baby during pregnancy. However, aspirin can affect (and be affected by) other medications, including 'over the counter' medicines and herbal remedies. Please discuss any other medications you are taking with your midwife, GP or obstetrician.

You should only take low dose aspirin if your midwife or obstetrician has advised you to. This will be supplied from the antenatal clinic at your routine scan appointments. The tablets are **75mg each** and you will need to take **two** tablets daily.

Side effects

It is advisable to take low dose aspirin at night, with or after food.

Taking low dose aspirin can cause mild indigestion. This is a common side effect and is known to affect more than 1 in 100 people. If you take your aspirin either with or just after food and preferably at night, it will be less likely to upset your stomach. Avoid taking aspirin on an empty stomach. If you also take indigestion remedies, take them at least two hours before or after you take your aspirin.

There is no evidence to suggest low dose aspirin causes any increase in bleeding during pregnancy or at the time of birth. If you have any questions or concerns about taking low dose aspirin please speak to your obstetrician, GP or midwife. Please read the information leaflet included with your aspirin for more information about the rarer complications.

Allergies

Please tell your obstetrician and GP if you are allergic to aspirin (or other NSAIDs), or if you have severe asthma, chronic kidney problems, stomach ulcers or have been previously advised not to take aspirin or other NSAIDs.

As with any medicine, you should seek urgent medical assistance if you experience serious side effects such as:

- Wheezing
- Swelling of the lips, face or body
- Rashes
- Severe stomach pains
- Vomiting blood
- Passing blood in your stools

Licensing

Aspirin (like almost all other medication) is not licensed for use in pregnancy. This means that it was originally brought to market to treat other conditions. It does not mean it is not safe to use. When a medication is used 'off-license', it is used in the context of a well-reasoned medical recommendation.

Further information

If you have further questions, please contact your midwife, GP or obstetrician when you attend antenatal clinic.

In an emergency, call NHS 111 or attend the Emergency Department (A&E)

Useful links

- Best Use of Medicines in Pregnancy website:
- <https://www.medicinesinpregnancy.org/Medicine--pregnancy/Aspirin>

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