

Low Dose Aspirin (150mg) in Pregnancy

Some pregnant women have a higher chance of developing specific complications which will affect their baby. There is good evidence to suggest that this group of women may reduce their chances of developing these conditions if they take a low dose of aspirin during their pregnancy.

The conditions are:

- **Pre-eclampsia** (a serious condition which usually presents as high blood pressure and protein in the urine)
- **Intrauterine growth restriction** (when the baby is smaller than usual due to not growing at a normal rate in the womb).

If you have a high chance of developing either of these conditions your midwife may advise you to start taking low dose aspirin after your dating scan, when you are at least 12 weeks pregnant.

How to take low-dose aspirin

Take 150mg aspirin once a day from 12 weeks of pregnancy until your baby is born, or until you are advised to stop taking it. There is some evidence that the medicine is more effective when taken at night before bed.

What is low dose aspirin?

Aspirin is a blood-thinning medication. It is known as an NSAID (a non-steroidal anti-inflammatory drug). Aspirin is often used to treat pain, fever or inflammation; however it also helps to thin blood and reduce the formation of blood clots.

Who should take low dose aspirin?

Your midwife or obstetrician may recommend that you take low dose aspirin if you are pregnant and have any **ONE** of these risk factors:

- Hypertensive disease during your previous pregnancy eg pre-eclampsia
- Chronic kidney disease
- Autoimmune disease such as systemic lupus erythematosus (SLE) or antiphospholipid syndrome
- Medical h/o cyanotic congenital heart disease
- Type 1 or Type 2 diabetes
- Chronic hypertension
- Previous baby with fetal growth restriction < 3rd centile or delivery at less than 34 weeks due to severe growth restriction
- Previous stillbirth
- Current Low Pregnancy Associated Plasma Protein (PAPP-A) <5th centile

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

- First pregnancy
- Age 40 years or older
- Pregnancy interval of more than 10 years
- Body Mass index (BMI) of 35Kg/m² or more
- Family history of pre-eclampsia
- Multiple pregnancy (eg twins or triplets)

Your obstetrician may advise you to take low dose aspirin for other reasons not listed above and this would be explained to you at the time.

Is low dose aspirin safe to take during pregnancy?

There is no evidence that taking low dose aspirin (75-150mg) in pregnancy will harm your baby. There is no evidence to suggest low dose aspirin causes any increase in bleeding during pregnancy or at the time of birth. However, you should only take low dose aspirin during pregnancy if advised to do so by your doctor or midwife. Although it is advised to take low dose aspirin, it is an unlicensed use of the medication. Please let your midwife or doctor know if you are taking any other medication because aspirin can affect (and be affected by) other drugs including other 'over the counter' medicines and herbal remedies.

Common side effects of low dose aspirin

Commonly, taking low dose aspirin can cause mild indigestion and this is known to affect more than 1 in 100 people. If you take your aspirin either with or just after food, 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.

Where can I obtain low dose aspirin?

Low dose aspirin is available to purchase 'over the counter' or as a prescription however you should only take low dose aspirin if you have been advised to take it by your midwife or obstetrician. You may need to obtain 75mg tablets and take 2 tablets. Please read the information leaflet included with your aspirin for information about rare side effects.

Allergies

You should inform your midwife and GP if you are allergic to aspirin (or other NSAIDS), or you have severe asthma, chronic kidney problems, severe liver impairment, 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 or other indications of an allergic reaction.

Further information

If you have any questions or concerns about taking low dose aspirin please speak to your obstetrician, GP or midwife. Further information can also be obtained from the "Best Use of Medicines in Pregnancy" website: www.medicinesinpregnancy.org/Medicine-pregnancy/

If you have any comments about this leaflet or the service you have received you can contact :

Antenatal Clinic

Telephone No: 01422 224125

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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