

# Low dose Aspirin 150 mg in pregnancy

Information for women

## Maternity

### What is Aspirin?

It is a common medicine that has a number of uses. It is known as a non-steroidal anti-inflammatory drug (NSAID). Often it is used to treat pain, inflammation and high temperature. It also has an antiplatelet effect. This means the blood is less sticky so there is a reduced risk of clots developing. Therefore aspirin appears to improve the blood flow to your baby through the placenta.

Your midwife or obstetrician (a doctor who looks after pregnant women) will recommend you take aspirin if you have any of the following:

- Raised blood pressure in previous pregnancies
- Maternal medical conditions including chronic kidney disease, Diabetes (type 1 and 2) or problems with blood pressure
- Previous SGA – any previous babies that were born smaller than expected
- You smoke regardless of amount
- You have given birth before 37 weeks in previous pregnancies
- You have had a previous still birth
- You have told your midwife that there is a history of substance misuse

Aspirin 150mg may also be recommended if two or more of the following apply to you:

- This is your first pregnancy
- You are aged 40yrs. or over
- Your last baby was 10yrs ago
- Your BMI is 35 or over
- Your Mum or Sister has had pre-eclampsia in their pregnancies
- You are having more than 1 baby

### Is it safe?

Low dose aspirin is not known to be harmful to you or your baby in pregnancy, however please tell us if you are taking any medications including over the counter medicines. This will not affect your choice of pain relief in labour. Once baby is born you can stop.

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### How to take

Aspirin (150 mg) should be taken once a day with food so as to reduce any effects of mild indigestion.

As with any other medicine please seek urgent medical assistance if you develop any serious side effects after taking. These include wheezing swelling of the face and lips or any rashes across the body.

Please speak to your midwife or doctor if you have any concerns.

### Further Information

#### National Health Service

Low-dose aspirin

<https://www.nhs.uk/medicines/low-dose-aspirin/>

(Website checked 22 April 2021).

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email [swbh.library@nhs.net](mailto:swbh.library@nhs.net).



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