



GREATER MANCHESTER
LOCAL MATERNITY AND
NEONATAL SYSTEM



Greater Manchester

Aspirin in pregnancy

Patient information leaflet

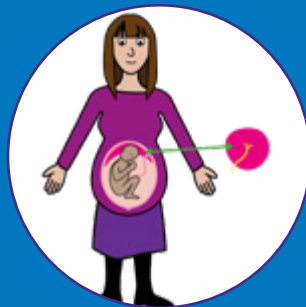


Why have I been asked to take aspirin?

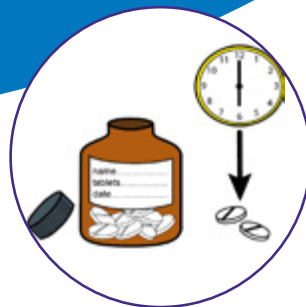
Aspirin helps to improve the blood flow to your baby during early pregnancy and can help your baby grow well.

You have been identified as being at risk of developing pre-eclampsia, or of having a small baby.

Pre-eclampsia is a pregnancy condition that causes high blood pressure.



You have been advised to take 150mg of aspirin every evening during your pregnancy. Take it at night (after 6pm) with food.



What is pre-eclampsia?

Pre-eclampsia is a complication that affects 2 to 8 women in every 100 pregnancies, usually during the second half of pregnancy or soon after their baby is born. It can lead to serious complications for you and your baby if it's not monitored and treated.

If you develop pre-eclampsia you may experience:

- Headaches
- Visual disturbances
- Swelling of your hands, feet and face

If this happens to you, please call your maternity triage department

Your midwife or doctor may find you have pre-eclampsia if you have high blood pressure, protein in your urine or abnormal blood tests.





Why does it matter if my baby is small?

Some babies are smaller than expected. Those babies have a higher risk of being born early and needing admission to a neonatal unit. They are also at increased risk of stillbirth.

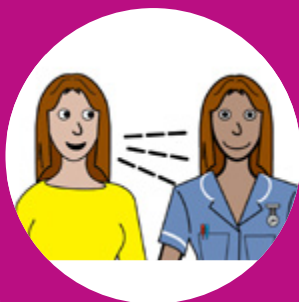
You will be offered extra checks if your baby is small, such as scans and heart rate monitoring, to try and reduce these risks.

How do I get aspirin?

There are two ways to get aspirin:

- Ask your midwife. Your midwife will either give you aspirin for free or help you get a prescription from the hospital pharmacy.
- Buy it at any supermarket. It costs under £2 and comes in 75mg or 300mg tablets. **Take 150mg once a day in the evening.**

Before you run out of aspirin, talk to your midwife - or you can buy more at the supermarket.



When should I take aspirin?



Start taking aspirin at 8 weeks of pregnancy. For it to work best, begin before 16 weeks.



Take 150mg every evening until you reach 36 weeks of pregnancy, or until your midwife tells you to stop. Check with your midwife before your supply runs low, or you can buy more at the supermarket.



Stop taking aspirin at 36 weeks. If labour starts before then, stop your aspirin and inform your midwife. If your doctor says you need aspirin throughout your pregnancy, for example because you have a heart condition, ask them when to stop.

If you have questions about when to start or stop, contact your midwife right away. Don't wait for your next appointment to start aspirin, as starting before 16 weeks is important.

You should ask your midwife or doctor before taking aspirin if you:

- have active or previous stomach ulcers
- have bleeding disorders
- are aged under 16
- have haemophilia
- have severe cardiac failure
- have an allergy to ibuprofen, aspirin or similar
- have asthma made worse by ibuprofen, aspirin or similar



Aspirin packs contain an information leaflet advising that you do not take aspirin in pregnancy unless advised to do so by a doctor.

Experts recommend aspirin is used to reduce the risk of pre-eclampsia and having a small baby where risk factors are present.

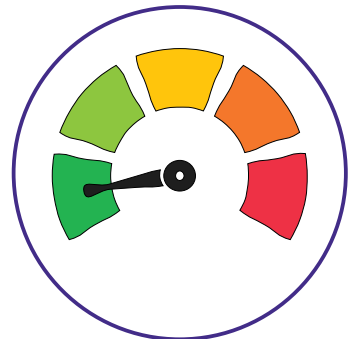
Taking aspirin in pregnancy does not cause any risks to your baby.



What are the side effects of taking aspirin?

Look at the information leaflet in your aspirin box for possible side effects.

Taking this dose of aspirin during pregnancy does not increase the chances of a miscarriage, vaginal bleeding, or bleeding behind the placenta.



What happens next?

We will monitor you and your baby throughout your pregnancy by checking your blood pressure and urine at every antenatal appointment to check for signs of pre-eclampsia.



What if I am taking other medication?

Aspirin can react with other medicines. It is important to let your doctor or midwife know of any medicines you are taking, including any herbal or over the counter products.



If you develop any side effects or have any questions about aspirin use in pregnancy, please contact your midwife or doctor.



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