



Information for  
patients and  
carers

## Aspirin in Pregnancy

## Why have I been asked to take aspirin?

Aspirin is a blood-thinning medication. It is often used to treat pain, fever or inflammation.

Aspirin is known to reduce the risk of harm to your baby, by reducing the risk of pre-eclampsia and eclampsia, early delivery, low birth weight and stillbirth.

You may be recommended to take aspirin if:

- you had high blood pressure in a previous pregnancy
- you have long-term high blood pressure
- you have chronic kidney disease
- you have an auto-immune disease (such as lupus, or antiphospholipid syndrome)
- you have diabetes
- you have previously given birth to a baby who was smaller than expected

You may be recommended to take aspirin 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
- you have a family history of eclampsia or pre-eclampsia
- this is a multiple pregnancy (for example, twins or triplets)

## How much aspirin do I need to take?

Take 150mg of aspirin every night. You should start this at 12 weeks of pregnancy, and continue until 36 weeks.

## When should I stop taking aspirin?

Most women are advised to stop taking aspirin when they reach 36 weeks. Only continue taking aspirin after 36 weeks if directed by your consultant obstetrician.

If you go into labour or your waters break before 36 weeks you should stop taking aspirin.

## What are the side effects of aspirin?

Taking aspirin can cause indigestion. This is a common side effect, and is known to affect more than 1 in 100 people who are prescribed aspirin. To reduce your risk of indigestion, take your aspirin with or just after food, and avoid taking it on an empty stomach.

Women who have severe asthma, chronic kidney disease, blood disorders, stomach ulcers or an allergy to ibuprofen and other anti-inflammatory pain killers (NSAIDs) should speak to their obstetrician or midwife before starting aspirin.

The information leaflet included with your aspirin tablets will list rarer side effects. If you have any questions or concerns about taking low dose aspirin, please speak to your doctor or midwife.

## Is aspirin safe for my baby?

There is no evidence to suggest that aspirin will cause any harm to your baby, either in the short or long term.

Aspirin can interact with other medications, including 'over the counter' medicine and herbal remedies. Please discuss any other medications you are taking with your doctor, before starting aspirin.

## Contact details

Should you require further advice or information please contact your midwife or doctor.

Antenatal Clinic, Sharoe Green Unit – 01772 524448

Antenatal Clinic, Chorley & South Ribble Hospital – 01257 245113

Maternity Triage – 01772 524495

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણ માં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دوسری زبانوں اور ریڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یئچھپا یس یبھ ابی دست بو یسکت ہے برا ئے مہر یان پو ے یچھہی۔ معلومات

**Arabic:**

مطبوعه بأ حروف كبيره و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يرجى أن تطلب أخرى يمكن تو فير هذه المعلومات

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**Division:** Women and Children

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