



## Low- dose aspirin in pregnancy

For some women, we recommend that they take a low dose of aspirin daily during their pregnancy.

Taking low dose aspirin may reduce the risk of having a medical problem called pre-eclampsia, or a baby that is not growing well.

Pre-eclampsia is a problem where women develop high blood pressure later in pregnancy and it can make you and your baby unwell.

Women who have a higher risk of developing pre-eclampsia may be advised to take low dose aspirin from early in the pregnancy until about the last month.

This may include women who had pre-eclampsia with a previous baby, who have high blood pressure or kidney problems when they are not pregnant, or who are screened as having a higher risk of pre-eclampsia on early pregnancy testing.

Low dose aspirin thins the blood a little and reduces inflammation which may help the placenta (afterbirth) to develop better. A placenta that doesn't develop properly is thought to be one of the reasons why some women develop pre-eclampsia or a baby who doesn't grow well.

Low dose aspirin is safe to take and has been well researched. The currently recommended dose is a 150mg taken every night. This is half a 'Solprin' tablet which can be swallowed or dissolved into water. If you are feeling nauseated you can take this with food.

Please do not worry if the packet of aspirin says not to take in pregnancy.

Taking low dose aspirin causes almost no side effects and is well tolerated.

Please remember to take it every night.

