

# Aspirin in Pregnancy

## Low dose aspirin in pregnancy

Low dose aspirin may be recommended to pregnant women to reduce the risk of certain conditions that are related to abnormal development of the placenta.

Low dose aspirin is usually commenced between 12 and 16 weeks of pregnancy (but may occasionally be started later) and continued to 36 weeks.

The recommended dose is 100 - 150mg every day.

Aspirin is available in 100mg or 300mg tablets. If your doctor has recommended a daily dose of 150mg, take half of a 300mg tablet, and throw the remaining half away, as the tablets become less effective if not taken immediately.

## Taking low dose aspirin has been shown to reduce the risk of:

- developing hypertension (high blood pressure) and pre-eclampsia (high blood pressure associated with a range of potentially dangerous pregnancy complications)
- giving birth to your baby prematurely (before 37 weeks)
- your baby being smaller than expected
- infant death around the time of birth
- having a pregnancy with a serious adverse outcome

## Studies have not shown any harm from taking low dose aspirin in pregnancy, but larger doses should be avoided. Aspirin should not be used to treat fever or pain in pregnancy.

Aspirin can affect (and be affected by) other medications, including over the counter medications and herbal remedies. Please discuss any other medications you are taking with your midwife, GP, obstetrician or pharmacist.

There is no evidence that taking low dose aspirin increases the severity of COVID-19 infection.

## Side effects

Taking low dose aspirin can cause mild indigestion. 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.

There is no evidence to suggest low dose aspirin causes any significant increase in bleeding during pregnancy. There may be a slightly increased risk of excess bleeding after delivery for women taking aspirin. If you have any questions or concerns about taking low dose aspirin please speak to your obstetrician, GP or midwife.

## Allergies

Please tell your obstetrician and GP if you are allergic to aspirin (or other anti-inflammatory medications (NSAIDs)), or if you have severe asthma, chronic kidney problems, 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 tongue or sudden or severe itching, skin rash or hives.

**Further information** if you would like more information about taking low dose aspirin in pregnancy, your midwife or obstetrician will be happy to answer your questions and advise you.

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