

# Aspirin in pregnancy

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## Introduction

You have been given this information because your doctor or midwife has advised you to take aspirin.

If you have any concerns or require further explanation, please discuss this with your midwife or doctor.

## Why is aspirin given during pregnancy?

Some pregnant women/birthing people are at risk of developing a serious condition called pre-eclampsia. This is high blood pressure and protein in your wee (urine). Or there may be a risk of your baby not growing as expected (growth restriction).

Studies show low dose of aspirin during their pregnancy can reduce these risks.

Your midwife/doctor will explain why you are at high risk.

## How much aspirin do I need to take?

You will need to take 150mg once a day.

You should take your tablets just before bed.

Stop taking the Aspirin at 36 weeks or until your midwife/doctor advises you.

## How will I receive the prescription?

Your doctor or midwife will arrange the prescription and tell you when to start taking the tablets and when to stop.

## Is aspirin safe to take during pregnancy?

Low dose aspirin is not known to be harmful to you or your baby during pregnancy.

You should **NOT** take aspirin if you are:

- allergic to non steroidal anti-inflammatory drugs (NSAIDs).
- have a bleeding disorder.
- have an ulcer or bleeding in your stomach or intestines.

- under 16 years old.
- experienced severe heart failure.
- have asthma which is made worse by ibuprofen or other NSAIDs.

## Side effects of aspirin

Mild indigestion is a common side effect and is known to affect 1 in 100 people. If you take your aspirin either with or just after food, it will be less likely to upset your stomach. If you also take indigestion remedies, take them at least two hours before or after you take your aspirin. 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 body
- Rashes
- Severe stomach pains
- Vomiting blood
- Passing blood in your stools.

## Licensing

Aspirin (like almost all other medication) is not 'licensed' for use in pregnancy. This means that it was originally brought to market to treat other conditions. It does not mean it is not safe to use. When a medication is used 'off-license', it is used in the context of a well reasoned medical recommendation.

If you have any further questions about taking Aspirin in pregnancy please contact your community midwife or GP

## Patient Advice & Liaison Service (PALS)

The team are available to help with any concerns, complaints or questions you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person between the hours of 9am-3pm, by telephone or email.

### The contact details are:

Telephone: 01302 642764/642767 or 0800 028 8059

Email: [dbth.pals.dbh@nhs.net](mailto:dbth.pals.dbh@nhs.net)

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