Know your risk factors and talk to your provider if you have even one of these risks for preeclampsia:

- You’ve had preeclampsia before.
- You’re pregnant with more than 1 baby (twins, triplets).
- You have high blood pressure, diabetes, kidney disease, or an autoimmune disease like lupus.

Talk to your provider if you have more than one of the following risks:

- You’ve never had a baby before, or it’s been more than 10 years since you had a baby.
- You’re considered obese with a body mass index (BMI) of 30 or higher.
- Your sister or mom has had preeclampsia.
- You’re 35 or older.
- You’re African American/Black—this is a risk factor due to historical inequities and structural racism.*
- You have financial hardship or it’s hard to pay your most basic bills.*
- Any of your other babies were born small for their age or with a low birth weight.
- You’ve experienced previous harmful pregnancy outcomes.
- This pregnancy was conceived using in vitro fertilization.

*Some stressors in life, like low income, lack of access to healthcare, or anti-Black racism, can increase your risk for preeclampsia.

Ask your provider about your risks for preeclampsia and if you should take low dose aspirin.

- Everyone should be screened for preeclampsia at their first prenatal care visit or before 12 weeks. Ask your healthcare provider if you were screened too.
- If your provider says it’s OK, each day take low dose aspirin (also called baby aspirin or 81-mg aspirin).
- Take the aspirin exactly as your provider tells you to.
- Some patients shouldn’t take low-dose aspirin, so always talk to your provider first. Their decision is based on things like your health issues, medications you’re taking, and any allergies you have.
- Go to all your prenatal care checkups, even if you’re feeling fine. You can have preeclampsia and not know it.

For more information on low dose aspirin, go to marchofdimes.org/lowdosebigbenefits

Disclaimer: This information is intended for general knowledge and shouldn’t substitute professional medical advice. Always consult with your healthcare provider before taking any medication during pregnancy.