

LOW DOSE BIG BENEFITS™



What you need to know about low dose aspirin



During pregnancy, your healthcare provider may have you take low dose aspirin (also called baby aspirin or 81-mg aspirin) to reduce the risk of preeclampsia. It's a serious condition when you have high blood pressure and some of your organs, like kidneys and liver, may not work properly.

What does it do?

Low dose aspirin can help improve blood flow to the uterus and may ensure that your baby gets enough oxygen and blood flow through the placenta.



Who's it for?

Pregnant people with risk factors for preeclampsia. Talk to your prenatal care provider to see if low dose aspirin is right for you, especially if:

- ✓ You have had preeclampsia before
- ✓ You have high blood pressure, diabetes, kidney disease or an autoimmune disorder
- ✓ You are overweight/have a body mass index (BMI) of 30 or over
- ✓ You are expecting multiples (twins or triplets)
- ✓ You have a previous or family history of preeclampsia
- ✓ This is your first pregnancy
- ✓ You are African American/Black (this is a risk factor due to historical inequities and structural racism)

What else should you know?



The usual recommendation is **81 mg** every day.

You begin between **12 weeks and 28 weeks** of pregnancy (best before 16 weeks).



You continue taking it **daily** until delivery.

Studies have found that low dose aspirin can **reduce the risk of preeclampsia** in women at high risk.



Preeclampsia affects about **1 in 25** pregnancies in the US.



References

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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.