

Frequently Asked Questions about low dose aspirin during pregnancy



So what actually is preeclampsia?

Preeclampsia is when you have high blood pressure and some of your organs, like your kidneys and liver, may not be working properly. It's something to keep an eye on because it can cause serious problems for you and your baby, including preterm birth (before 37 weeks of pregnancy).

Is there anything I can do to lower my risk of developing preeclampsia?

Taking a low dose of aspirin (81mgs of aspirin, often called "baby aspirin") might lower the chances of preeclampsia and the potential harm it can cause to both mom and baby. Because of this benefit, healthcare providers and medical groups recommend pregnant women at risk for preeclampsia to take low dose aspirin during pregnancy.

Why would my provider recommend low dose aspirin for me?

Doctors sometimes recommend low dose aspirin for pregnant people if they have a higher chance of developing preeclampsia or other complications. If you have high blood pressure, diabetes, kidney disease, or an autoimmune disease, taking low dose aspirin might be helpful. Certain stressors in your life, like having low income, no access to health care, and experiencing racism, can increase your risk for preeclampsia. Talk to your provider if you have any of these stressors and ask if low dose aspirin is right for you.

And how does low dose aspirin work?

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

Are there risks taking low dose aspirin during pregnancy?

Low dose aspirin is generally safe for most pregnant people. Your prenatal care provider can talk to you about the benefits and risks and can monitor you closely throughout your pregnancy.

When should I start taking low dose aspirin if it's prescribed for me?

Remember: Always follow your providers' instructions for the use of low dose aspirin. If you're advised to take low dose aspirin, the amount that is usually recommended is 81mg daily. You should start taking it between 12 weeks and 28 weeks of pregnancy (ideally before 16 weeks) and continued each day until you deliver your baby. That's about 3 and a half months until childbirth. It's important to take it every day. Before you start taking low dose aspirin, talk to your provider.

Three things to keep in mind

- ✓ If you're prescribed low dose aspirin, keep taking it until your care provider tells you it's safe to stop.
- ✓ Be sure to go to all your prenatal checkups and follow your prenatal care provider's recommendations for a healthy pregnancy.
- ✓ Always talk to your prenatal care provider for safe pain management options during pregnancy.

List of references

US Preventive Services Task Force. Aspirin Use to Prevent Preeclampsia and Related Morbidity and Mortality: US Preventive Services Task Force Recommendation Statement. JAMA. 2021;326(12):1186-1191. doi:10.1001/jama.2021.14781

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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.

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