

Aspirin in Pregnancy

Why have I been advised to have aspirin?

You have been advised to take aspirin during your pregnancy because you have a risk of developing placental problems. These problems include pre-eclampsia, baby being smaller than expected and you giving birth prematurely. Aspirin helps with the development of the placenta.

Who should not take aspirin?

You should not take aspirin if you have any of the following conditions:

- Allergy to aspirin
- Asthma that is made worse by aspirin or other anti-inflammatory medication like Ibuprofen
- Stomach ulcers
- Low levels of platelets

If you are not sure if you should take the aspirin discuss this with your doctor or midwife as soon as possible.

When should I take aspirin?

It is important to start taking aspirin between 12 and 16 weeks gestation. This is when the placenta starts to develop; and aspirin can help improve this development.

You are advised to take 150mg daily until the end of your pregnancy (if you have 75mg tablets you need to take two tablets).

You should take the aspirin until the end of your pregnancy.

Are there any side effects?

Aspirin can cause mild indigestion. This is common, affecting one in 100 people. Taking aspirin with food is less likely to give you indigestion. Do not take indigestion medicine within two hours before or after taking aspirin. This dose of aspirin does not increase your risk of bleeding.

Does aspirin affect my baby?

Low dose aspirin is not known to be harmful to your baby.

Will aspirin prevent blood clots?

Because the dose of aspirin is low, it will not help reduce the risk of blood clots in your legs or lungs.

How do I get aspirin?

You will be given four weeks supply by the midwives in the antenatal clinic when you attend for your dating scan.

When the issued supply runs low, you can either ask your GP to prescribe more or buy your own. Be aware that aspirin is also available as 300mg - make sure that you only take the recommended dosage of 150mg.

What if I have any questions or concerns?

Contact your midwife, antenatal clinic or GP about any concerns or questions you may have.

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