

## Aspirin During Pregnancy

Low-dose (“baby”) aspirin is a prescription or over-the-counter medication. Aspirin is a non-steroidal anti-inflammatory drug (NSAID). It is commonly used to relieve pain, reduce inflammation and lower fever.

*If you have any questions, ask your physician.*

Pregnant people may need to take baby aspirin once a day during pregnancy to reduce the risk for preeclampsia. Only take baby aspirin during pregnancy if your physician tells you to do so.

Preeclampsia is a condition that causes high blood pressure in pregnancy. It can lead to rare, but serious, complications. It can cause a stroke (bleeding in the brain) or seizures. People with preeclampsia can have babies who are born early or have problems with their growth during pregnancy.

### Risk factors

Your care team will screen you at your first prenatal visit to see if you are at risk for preeclampsia. Let your care team know if you have any of the following risk factors:

- Preeclampsia in a prior pregnancy
- First pregnancy
- Pregnant with twins or triplets
- Hypertension (high blood pressure)
- Diabetes
- Kidney disease
- Lupus
- Antiphospholipid antibody syndrome
- More than 10 years since your last pregnancy
- Obesity (body mass index, or BMI, greater than 30)
- Family history of preeclampsia
- Age older than 35 at the time of delivery (or expected delivery/birth)
- Black/African American

If you are at a higher risk for preeclampsia, your physician may prescribe baby aspirin for you. Take it as directed by your care team.

## Safety

Only take baby aspirin during pregnancy if your physician tells you to do so.

Taking a low dose (81 milligrams) of aspirin once a day during pregnancy is considered to be safe. It does not increase the risk of miscarriage, birth defects or any other issues in pregnancy.

Do not take regular strength aspirin for pain during your pregnancy. Talk with your care team if you need a pain reliever.

If you have any questions, please ask your care team.