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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

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# Information for Women Taking Aspirin in Pregnancy

## Maternity Department

For more information, speak with your midwife or GP or phone  
**01932 722389 or 722388**

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### **Further Information**

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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take aspirin which you can take to your GP to arrange an ongoing prescription.

It has been shown to be most effective to take 150mg aspirin (2 'baby' aspirin) every night from 12 to 36 weeks of pregnancy. Taking it at night has been shown to help the medicine be absorbed.

If you miss the occasional dose, do not worry. Take the dose when you remember but do not take an 'extra' dose.

## What are the side effects of aspirin?

Aspirin is very safe for most women to take.

If you have previously had stomach ulcers, bleeding disorders or asthma, or are allergic to Aspirin, please consult your Obstetrician before taking Aspirin.

It has not been shown to increase the risk of having a miscarriage or bleeding during pregnancy or at the time of delivery. It has not been shown to cause any abnormalities in babies.

## Can I still take aspirin if I am taking other medication?

Aspirin can occasionally interact with other medications so it is important that you tell the midwife or doctor if you are taking any other medications or herbal remedies, including those bought over the counter without a prescription.

You have been given this leaflet because you have been advised to take aspirin during your pregnancy.

When the placenta, which feeds your baby and helps your baby grow, does not work properly it can lead to your baby being smaller and needing early delivery. It could also lead to you developing pre-eclampsia. Very rarely, the placenta can cause the baby to be stillborn or die within the first few months of life. Taking aspirin has been shown to help reduce the risk of these problems.

## Why am I at higher risk?

At your 14 -16 week antenatal appointment with your midwife or doctor, they will use the **Tommy's App** to run a placental function assessment to identify those pregnancies at higher risk of developing placental problems.

**Tommy's App** uses several key variables including your medical and any previous pregnancy history, blood test values and ultrasound measurements to give an **individualised risk of placental dysfunction**, and provide a **personalised care pathway** for each woman and birthing person.

Your placental function assessment showed you have an increased chance of developing pre-eclampsia before 37 weeks of pregnancy. Recent evidence shows that taking aspirin 150mg every day from now until 36 weeks of pregnancy will significantly reduce your chance of you having to give birth prematurely, before 37 weeks, because of pre-eclampsia. The effects of aspirin work best if taken at night rather than the morning.

**Tommy's App** is not suitable for all women and birthing people and we will not use it if you have:

- Have pre-existing high blood pressure
- Have diabetes outside of pregnancy
- Are pregnant with more than one baby

We know that these conditions can increase your risk of developing placental problems and we will advise you to take Aspirin 150mg once a day from about 12-16 weeks of pregnancy, and until you are 36 weeks pregnant to reduce this risk.

## Signs and symptoms of pre-eclampsia

Pre-eclampsia can cause lots of different symptoms including:

- Headaches
- Vision (eye) problems
- Tummy pain
- Swollen feet, hands and face

Often, there are no symptoms and women feel completely well. This is the reason the midwife or doctor will check your blood pressure and urine each time you see them. It affects as many as 1 in 10 pregnancies but is often mild. In severe cases it can affect 1 in 100 pregnancies.

## How will my baby's growth be checked?

Additional scans will be arranged after your 20 week anomaly scan.

Exactly when and how many scans you have depends on your risks and blood flow tests performed at the scan. Your baby does not need to be delivered early just because you are taking aspirin.

## How do I take aspirin?

You can either get the Aspirin yourself from the chemist or your midwife can give you your first four week's supply. Your midwife will also give you a letter detailing why you have been advised to