

Patient Tools

HOW CAN ASPIRIN KEEP YOU AND YOUR BABY HEALTHY DURING PREGNANCY?

TALK TO YOUR PROVIDER TODAY TO SEE IF ASPIRIN IS RIGHT FOR YOU.

LEARN MORE:



[WWW.PREECLAMPSIA.ORG/ASPIRIN](http://www.preeclampsia.org/aspirin)

OKLAHOMA MATERNAL HEALTH TASK FORCE | GEORGE KAISER FAMILY FOUNDATION | OPQIC

Posters for office displays.

WHY TAKE ASPIRIN DURING PREGNANCY?

Your provider told you that **low-dose aspirin** could help you during your pregnancy. You've never heard of someone taking **low-dose aspirin** while pregnant before. Let's find out why!

What is Preeclampsia?
Preeclampsia (pre-eclamp-sia) is a high blood pressure disorder of pregnancy and postpartum that can affect multiple organ systems within your body. In severe cases, preeclampsia can lead to seizures and even stroke.

In addition to high blood pressure, a urine test may show too much protein in a pregnant person's urine. Too much protein means your kidneys may be damaged. If you get preeclampsia, you risk having your baby too early.

What is Eclampsia?
Eclampsia (e-clamp-sia) is when a person with preeclampsia develops seizures. Eclampsia is a serious medical emergency that can cause strokes or death. Eclampsia only occurs in 3% of people with preeclampsia.

What are the symptoms of preeclampsia?

- High blood pressure (greater than 140/90)
- Increased swelling in hands and feet and/or rapid weight gain
- A severe headache that doesn't resolve with Tylenol
- Nausea or vomiting
- Abdominal and/or shoulder pain
- Changes in vision
- Shortness of breath or anxiety (feeling of doom)
- Changes in reflexes.
- Some people do not notice symptoms.

How Does Aspirin Help?

It is unclear what causes preeclampsia, but one theory is its caused by problem with the blood vessels that supply the placenta. As the baby grows, blood flow to the placenta increases. If the placenta does not have enough blood flow, the pregnant person's blood pressure will increase and, the baby's growth may be restricted.

Low-dose aspirin works to improve blood flow through the blood vessels that supply the placenta. Studies have shown that **low-dose aspirin** can reduce the risk of developing preeclampsia and having your baby too early (before 37 weeks) by as much as 25%.


If a provider told you to begin taking **low-dose aspirin**, it's because you have risk factors that increase your likelihood of developing preeclampsia.

How To Take Aspirin

It's best to start taking **low-dose aspirin** between 12 - 28 weeks of pregnancy. You will take one **low-dose aspirin (81mg)** once a day, before bed, up until the day you have your baby. Set an alarm or use a pill reminder app so you don't miss a dose.


Be sure to attend all your prenatal visits so your provider can monitor your well-being.

Learn More



www.preeclampsia.org

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Provide to patients who are told to take aspirin.

Could You Benefit From Taking Aspirin During Pregnancy?

Please read and check the boxes below to find out if you could benefit from aspirin:

- Have you had preeclampsia before (also known as toxemia)?
- Are pregnant with twins or triplets?
- Do you have high blood pressure (also known as hypertension)?
- Do you have diabetes type 1 or type 2?
- Do you have problems with your kidneys?
- Do you have an autoimmune disease like rheumatoid arthritis or lupus?
- Do you have a condition called antiphospholipid or anticardiolipin syndrome?
- Did your mom or sister have preeclampsia before (also known as toxemia)?
- Are you very overweight (BMI 30 or above)?
- Are you aged 35 or older?
- Did you weigh less than 5.5 pounds (2.5 kg) when you were born?
- Do you have black, African or Afro-Caribbean ancestry?
- Is this going to be the first time you've had a baby?
- Is your youngest child 10 years old, or older?
- Have you had a baby that weighed less than 5.5 pounds (2.5 kg) when it was born?

Learn More:



www.preeclampsia.org/aspirin

Flip over to learn about the benefits of aspirin during pregnancy.

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For patient use: Waiting room brochures.

Track My Meds 2023 Calendar

Instructions for Use:

- Circle the day you started your medication.
- Make an "X" through each day you take your medication up until the day your baby is born.
- Take a photo of this calendar to show to your provider at each appointment.
- Do your best to not skip any days.

Listen to your body. If something doesn't feel right, call your provider or local birthing hospital.

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Adherence calendars.