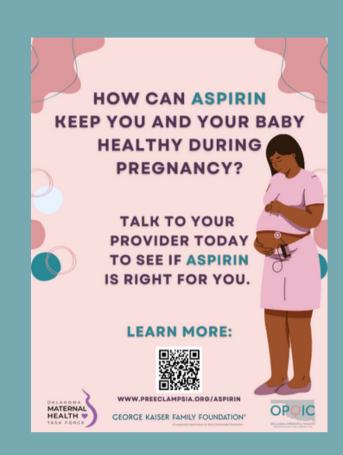
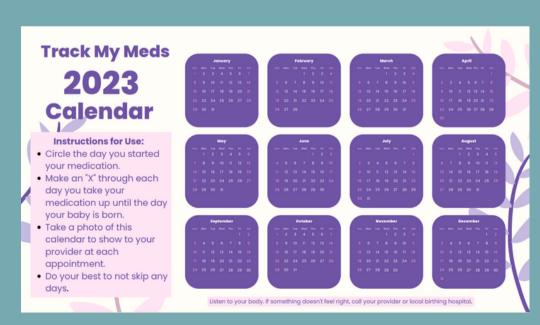
Patient Tools



Posters for office displays.



Adherence calendars.

WHY TAKE ASPIRIN DURING PREGNANCY?



Your provider told you that lowdose 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!

Learn More

GEORGE KAISER FAMILY FOUNDATION®

MATERNAL HEALTH

OPOIC

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

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

How Does

Aspirin Help?

It is unclear what causes preeclampsia, but one theory is its

caused by problem with the blood

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

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

If a provider told you to begin taking

low-dose aspirin, it's because you

have risk factors that increase your

much as 25%.

increase and, the baby's growth may

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

How To Take Aspirin

Its best to start taking low-dose aspirin between 12 - 28 weeks of pregnancy. You will take one lowdose 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

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



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 ☐ 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?



If you checked one or more boxes, talk to your provider to see if aspirin is right for you.

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

Could You Benefit From Taking Aspirin **During Pregnancy?**

WHY ASPIRIN?

- · Aspirin works by improving blood flow in the placenta, so a pregnant individual can better control their blood pressure.
- · Low-dose, or baby aspirin, has shown it can decrease the chances you might develop a condition called preeclampsia and it lowers the risk of having your baby too early.
- Preeclampsia is a sudden rise in blood pressure that happens after the 20th week of pregnancy.
- Preeclampsia can increase your risk of having your baby too early (before 37 weeks).
- Preeclampsia can harm your health by damaging your kidneys and liver and can cause seizures or death.

HOW TO TAKE ASPIRIN

- · If you and your provider decide aspirin is right for you, you will begin taking one low-dose aspirin daily as soon as you are 12 weeks pregnant. Aspirin usage is most effective when started between 12-28 weeks of pregnancy.
- It's best to take one low-dose aspirin every day, before bed, until your baby is
- Your doctor can write you a prescription for low-dose aspirin or you can buy it over the counter at your local pharmacy.

Learn More:



www.preeclampsia.org/aspirin



For patient use: Waiting room brochures.

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