

# 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!

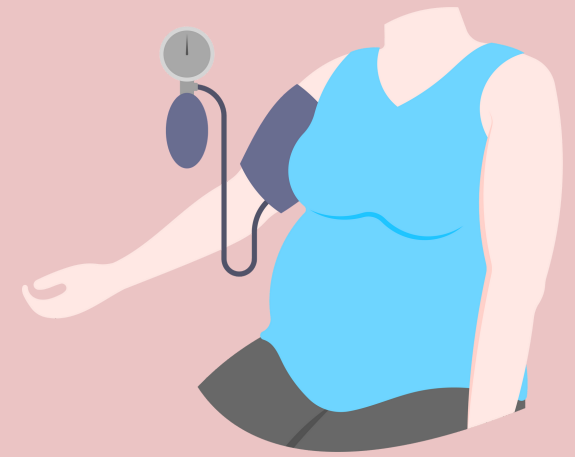
## What is Preeclampsia?

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.

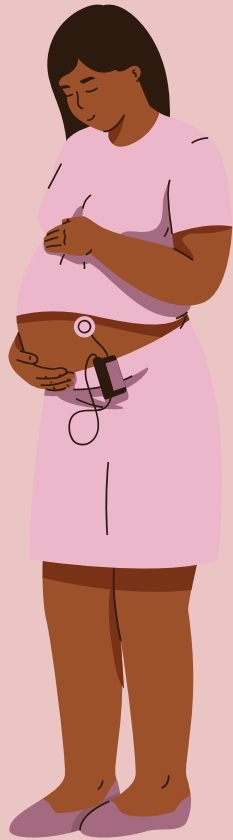
## What is Eclampsia?

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


Its 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](http://www.preeclampsia.org)

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