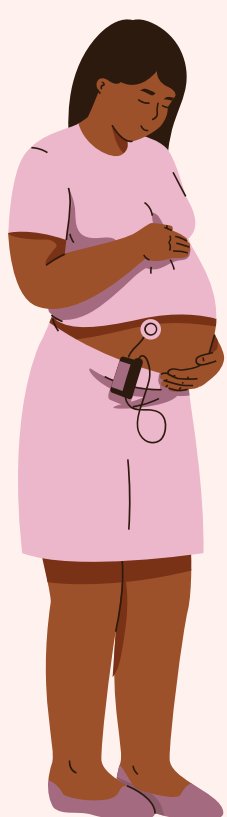


Could You Benefit From Taking **Aspirin** During Pregnancy?

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?



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?

- 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 heart, kidneys and, liver and can cause seizures or death.
- Low-dose aspirin works to increase the size of blood vessels that lead to the placenta and improves blood flow to the baby.

HOW DO I 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 born.
- 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