

Low dose aspirin for high risk pregnancies



Low-dose aspirin may prevent or delay the onset of preeclampsia.

Preeclampsia affects 1 in 25 pregnancies. Preeclampsia is when you have high blood pressure during pregnancy and some of your organs, like your kidneys and liver, may be affected. It can lead to serious complications for you and your baby, including preterm delivery (before 37 weeks).

The American College of Obstetricians and Gynecologists recommends pregnant women can start taking 81mg of aspirin (daily) between 12 and 16 weeks of pregnancy to help prevent or delay the onset preeclampsia. Women with one or more high-risk factors for developing preeclampsia should talk to their doctors about taking low-dose aspirin. Low dose aspirin improves blood flow to the uterus and may ensure that your baby gets enough oxygen and blood flow through the placenta.

Talk to your doctor about low-dose aspirin if you:

- are pregnant for the first time
- have a history of preeclampsia
- are pregnant with more than one baby
- have high blood pressure, diabetes, kidney disease or an autoimmune disease
- are overweight
- are African American/Black

You should not start taking low-dose aspirin without talking with your doctor. The use of low-dose aspirin should not take the place of regular monitoring and check ups with your provider. If you experience any signs or symptoms of preeclampsia, call your doctor immediately.



If you have questions, you can call Molina's 24-hour Nurse Advice Line at **(888) 275-8750**. Nurses are available to talk with you 24 hours a day/7 days a week.